

ESCAPING CULTURAL HYPNOSIS

STARTLING

CONFESSIONS
OF A ROGUE HYPNOTIST



BY
THE ROGUE HYPNOTIST

ESCAPING CULTURAL HYPNOSIS

STARTLING
CONFESSIONS
OF A ROGUE HYPNOTIST

BY
THE ROGUE HYPNOTIST



Escaping

Cultural hypnosis!

Startling confessions of a Rogue hypnotist!

By the Rogue Hypnotist.

Also in this internationally bestselling series...

- *How to Hypnotise Anyone - Confessions of a Rogue Hypnotist.*
- *Mastering Hypnotic Language - Further Confessions of a Rogue Hypnotist.*
- *Powerful Hypnosis - Revealing Confessions of a Rogue Hypnotist.*
- *Forbidden hypnotic secrets! - Incredible confessions of the Rogue Hypnotist.*
- *Wizards of trance - Influential confessions of a Rogue Hypnotist.*
- *Crafting hypnotic spells! - Casebook confessions of a Rogue Hypnotist.*

Coming soon –

- *Hypnotically deprogramming addiction - Strategic confessions of a Rogue Hypnotist.*
- *The final two Rogue Hypnotist books will appear in the first half of 2015!*

Disclaimer: the Rogue Hypnotist accepts no legal liability for the use or misuse of the information contained in this book. People who are not qualified professionals use the information at their own risk. This book is intended for entertainment and educational purposes only. Only the ideas, illustrations/diagrams, processes, techniques, etc. contained within are for your personal or public use copyright free. In original form, they may not be resold.

A convention of British English punctuation and spelling is used throughout. I have used an older convention of placing apostrophes after dates, e.g. 1500's. This is a stylistic preference.

‘It’s easier to fool people than to convince them they’ve been fooled.’

Mark Twain.

So you want to know about ‘cultural hypnosis’: are you sure?

As far as I am aware this is the ONLY book available on this subject. In many ways this is a ‘weird’ book for a hypnotist to write but none the less essential; after all we live in rather weird times do we not? I have written 6 bestselling books on hypnosis, hypnotherapy, NLP (debunking it), ‘persuasion’ and related subjects; they are consistently at the top of the charts on Amazon.com and .co.uk. My first book, ‘How to hypnotise anyone!’ has been the bestselling book in the USA and UK for pretty much a whole year. This is partially because I know my stuff; I am a highly successful hypnotherapist from London, UK. I usually cure 99.9% of my clients in one, one hour session.

I have alluded in my other books to all the unsuspected hypnosis going on around you that you weren’t aware of: in this book I take it up a level and give specific examples of what I call ‘cultural hypnosis’, to be defined soon enough. You may not agree with a single thing that follows and that is your right. But you will be entertained and I promise you won’t be disappointed. You won’t find anything else like it. Authors used to write books like this (Vance Packard etc.) but they’ve stopped doing so for decades now; it is written in a kind of ‘investigative journalist’ style; not that journalists do much investigating these days.

Still want to read on? Come on, I’ll hold your hand! ‘Lions and tigers and bears oh my!’

My promise to the reader.

Note to the reader: this book, in part, covers the subjects of the neuroscience and psychophysiological underpinnings of hypnotic phenomena: however it does so in a non-dry or convolutedly academic way (boring!). It’s so easy to understand that a chimpanzee will get it! And that means YOU buster! You will be able to dazzle friend and foe alike as the ‘science of hypnosis’, as best as we can guess with current knowledge, is made quite clear to you. It was as much a discovery for me in the research and writing as it will be (I hope!) for you. I will be frank: it alarmed me; I hope for your sake it alarms you too!!!

Do you remember the by-line for Stanley Kubrick's Masterpiece 'Dr. Strangelove' which was 'Or how I learned to love the bomb'? This book could have a by-line too: 'Escaping cultural hypnosis or how I learned to love my conscious mind.'

Hypnotists are always prattling on about the 'power of the subconscious' etc. Well you need a VERY powerful and active conscious mind too. This book will help you develop it, merely through 5 strategies:

- **Awareness.**
- **Thinking.**
- **And asking questions.**
- **A love of truth: FACTS! (Genuine facts reframe perceptions.)**
- **Arguing.**

It will also produce a powerful model of hypnosis. What it really is. How you can avoid being hypnotically programmed against your will and how to be an amazingly good hypnotist. If you've read my other books you'll know a definition of hypnosis is: **any form of communication that bypasses the critical factor of the mind.**

Keep in mind also that hypnosis is all about **ideas**. *Primarily 'your' hypnotically induced assumptions.*

Hypnotists/therapists are also 'technique junkies' – people are just clocks that have wound down, all I need is the right key and hey presto! They are back in working order! Right? Wrong? If I plant a flower in a poisoned soil it will become polluted. The 'suggestion swamp' that we call society – the social matrix in which we are immersed from birth onwards can make people ill. Therapists cannot go on disconnecting techniques from social realities.

WARNING: this book examines human programming technologies used in 'education', 'politics' (this book is politically neutral: the Rogue Hypnotist despises all politicians

equally), ‘the media’, ‘religion’, ‘cults’ etc. It is not therefore to be taken as an attack on these nominalised ‘entities’ per se but rather as a prod to conscious awareness that they are very, very imperfect ‘institutions’ and may therefore be used well or abused as the ‘practitioners’ therein see fit. Nor is it to be taken as an attack on ‘authority’ or human hierarchies per se, which are probably essential to human tribes or civilisations. You don’t have to like anything that follows: but it is, to the best of my knowledge ALL true. All facts herein have been thoroughly verified or they have not been included.

Welcome to my expose of what I call fondly: ‘cult-lite’.

A depressing prologue: a dialogue.

The following conversation actually happened.

‘Shall we turn on the TV?’

‘Why?’

‘We can see the election results.’

‘It’s just being repeated in a loop. There’s no point.’

‘We can’t just sit and think!’

‘Why?’

‘Because you can’t!’

‘Why?’

‘It’s boring!’

‘Are you that boring?’

(Laughs!) *‘I don’t like to think!!!’* said with venom.

‘Ahhhh!’ said knowingly.

Well that explains a lot. Most people prefer trance to thinking. The philosopher Bertrand Russell (who was a deeply unpleasant man) said, 'Most people would rather die than think. In fact they often do.'

On that bombshell, shall we?

Why read this book?

This book consists of 3 interrelated parts:

- 1. Part 1 concerns the science of hypnosis: what we can prove about it. It shows the power of all hypnosis, including cultural hypnosis at deep neuro-physiological levels.**
- 2. Part 2 gives a vast array of examples of cultural hypnosis.**
- 3. Part 3 tells you how to escape cultural hypnosis through awareness and avoidance measures.**

Result: you will be able to think for yourself. Sound like a great deal? Ok...

If you haven't read my other books - the success of my previous books was not intentional, it kind of just happened, almost by mistake. You see writers don't create bestsellers - readers do. I am a top NLP Master Practitioner (though I barely use even a smidgen of that garbage) and clinical hypnotherapist (though I call myself a hypnotist). I have at time of writing a 100% success rate with all my clients who want to change. I have synthesised a whole host of tricks and techniques, perspectives and pointers on hypnosis and related 'change work'. I developed this over 20 years of study and practise. My model of hypnotherapy is called 'hypnotic deprogramming'. I created it. This book stands alone, by design, but is best read in conjunction with my other books.

This book is about how cultural hypnosis affects humans, their brains, lives, sanity, their potential and fulfilment.

By reading this book you will be a more successful hypnotist in any field than you would have without reading it and I promise you, you will succeed more in life. Quite a promise and there are no weird visualisations, no weird mantras. All it will do is present you with facts. Cold, hard facts. You don't have to like them or even feel comfortable about them. All you need to be able to do is think for yourself, literally, and the benefits over time will be exponential. This book is based on one phrase, the source of which was the Renaissance man Sir. Francis Bacon (though it is in no way influenced by his beliefs, thought or writings at all): **'KNOWLEDGE IS POWER.'**

Non-linear format?

Everything I write in this book is proven with experience, sources, studies and an informal bibliography. Some people, though well-intentioned have failed to notice the point of my often non-linear as they call it 'stream of consciousness' writing style. This is because you have been trained to think in a linear fashion – as you will discover. This is because you have been trained to avoid being spontaneous. When I am being 'non-linear' in organisation it is deliberate: your deeper mind is forming connections and linkages that will provoke it to work properly! You do not have my knowledge of how the mind works and how to deprogram it of trash. You are not used to this form of communication but it is actually more closely aligned to how the brain works and processes information naturally. You are not at school any more boys and girls: these books, which are drawing to a close, aren't like anyone else's; if you want dry, boring, 'linear' books on hypnosis (which don't get results consistently) there are plenty of 'em out there! *You see as I wrote these books, I was not only telling you about traditional hypnosis I was making you gradually more aware of cultural hypnosis.*

All of the themes in my books are interconnected: that's the point. They might seemingly be about persuasion, politics, cults, advertising etc. – in fact you are learning about the totality of what we call 'hypnosis'. Do try to keep up or you'll get a dunce hat! You don't think you can be a good hypnotist as opposed to a goof hypnotist without knowing about all its applications do you? Now really. Hypnosis in politics, advertising etc. must be studied thoroughly. I refuse to spoon feed you as though this book was

written only for trainee hypnotherapists: this book is for everyone interested in the subject of hypnosis and is written with a wide audience base in mind.

In order to succeed you need a strong General Reality Orientation.

You must have a strong connection to reality in order to be effective and succeed. In psychobabble jargon you need a strong ‘General Reality Orientation’. How do you develop this?

Fact one: *in order to succeed at anything in life you must have an accurate map of reality.* The more accurate and realistic it is, the more likely you are to succeed. We can never know everything, but in order to succeed you don’t need to. You just need a more accurate map and your brain, consciously and unconsciously will do the rest. To do this you need a powerful conscious mind that is fully working and operational. To have this ‘success map’ you must be fully aware of the power of cultural hypnosis for good or ill. After reading this book you will make better, more informed decisions and that equals – success!

More than this it is the firm contention of this author (Roguey baby: moi!) and this book that cultural hypnosis in large part accounts for much human misery, mental and physical ill health: cultural hypnosis is the well-designed end product of the **culture creation industry**. Cultural hypnosis stops you getting your genuine needs met by creating false needs or pseudo needs if you prefer. It does this by covertly installing stupid and even dangerous ideas in your head which are in no way based on reality – such ideas are ‘Gnostic’* in origin and have fully penetrated the Western mind. This book can only give an overview of this huge subject but a start is better than nothing. Ready to scratch the surface?

Ready to read on Padwan?

(‘Gnosticism’ in this book refers to bodies of spiritual-material belief systems far predating any of the major religions that exist today. They are a form of belief which I label ‘rebellion against reality’ or ‘Anti-Reality’ AR.)

Introduction: ‘Cultural hypnosis’ – what it is, why you should care.

What is a 'hypnotic reality'?

First off – you need to know what a 'hypnotic reality' is. Reality (material reality) that is, is that which we perceive with the 5 major senses and all the other little ones. It is that which we can verify by our senses: the physical matrix into which we enter/emerge etc. at conception. **A hypnotic reality is any 'pseudo reality' (secondary reality) that exists in the mind of an individual or groups of individuals only: it has no supporting proof; it is founded on ideas and not experience.** It consists of a 'map of reality' – these are all the bits of data, memory, bias, life experiences, sets of generalisations, unquestioned assumptions, opinions about x, y and z that we have about the *true* external physical matrix. Its psycho-biological purpose is to help us successfully navigate our way through the human life cycle. This map of reality may be 'realistic', that is a pretty accurate representation of external reality or it may be widely at variance with the physical matrix reality (what religions call 'Creation'). We see the latter most markedly in brainwashed victims of 'cults'. Such people are only very loosely connected to reality – in fact they are in a permanent state of dissociated waking hypnosis: fuelled by primarily unconscious Gnostic delusions. We will expand upon this matter later. To a certain extent as humans, and because we are limited by our senses to a certain 'band width' of experience and are therefore physiologically incapable of omnipotence, we all operate from an approximation of the reality of reality – known as the middle spectrum/band. And most of us get along fine with that. Or do we?

Cultural hypnosis defined.

Quite simply cultural hypnosis may be defined in this manner: **cultural hypnosis is a catch-all term that covers the mass of influence from a wide range of people, institutions and situations that each human being is effected by from the moment of conception till death within a given, definable and limited culture matrix.**

Less euphemistically cultural hypnosis is aka **PROGRAMMING!**

So what? Well did you choose to be immersed in it? Did you have any say in this influence? There but for fortune you may be an entirely different

person, even with the same genetics because we know from epigenetics (the science of gene expression) that all incoming ‘data’, food, locale, people, accents, schooling, exposure to the arts etc. powerfully affect who we are and how our genes express themselves in this physical matrix. Any persons or groups that can seize control of the culture creation industries in the widest sense of that term can and in fact do shape its respective citizenry as and how it pleases. Do you see why this is an important yet untouched upon sphere of enquiry? The culture creation industries can powerfully shape anyone’s map of reality, a kind of internal ‘holographic matrix’ that we all operate from. If this doesn’t concern you yet, I assure you by this book’s end it will. But relax – the situation is not all hopeless. As I have hinted, you have a powerful weapon: your analytical conscious mind. **Hypnotists often have a mistaken bias against conscious states: in fact we would be zombies without them.**

What are the predominate sources of hypnotic culture in any given society and how do they shape us? How do they create the trances we live by? Just before we get to that, we must define the purpose of knowing about it at all...

People fail to succeed and get their needs met because they are often operating from hypnotic realities as opposed to reality itself. It is essential to be conscious, aware of reality in order to truly succeed at anything and to live a meaningful life; although many highly delusional though functional people do succeed in many ways they are often successful in superficial ways only and spend half their lives in waking trances. If anything powerfully real disrupts their pseudo reality they face the risk of serious psychological and physical health problems.

Such knowledge is of vital importance to all therapists: often, unconsciously, the clients/patients you have know that their map of reality is inaccurate and in fact endangering them: that’s why you have clients! Troubled people go to therapists to borrow from the therapists assumed more accurate map of reality, primarily with regards to mental health, so as ‘get better’. A hypnotist merely suggests better, more accurate and healthy maps for the subconscious-unconscious systems to operate from. This is

why they are open to any suggestion at all. They don't want 'therapy', they want a way to develop a better map and they need your help; geddit?

Examples of cultural hypnosis.

- **The trance of the family.** This is the 'baggage' of ideas and experience, good and bad that we get from our parents and close relatives. They pass on the indoctrination they received which helps form our internal hologram of 'reality'. In many instances this helps us and enriches us – but we may also fall victim to impoverished or entirely false paradigms that go unchallenged. **Challenging them may well lead to full ostracism or even murder by other family members in the worst case scenario.** This is one of the psycho-social mechanisms whereby potential rebels and freethinkers are kept in place (some ancient tribes killed their most highly intelligent members). Families do not deliberately do this: each loving parent does their best, the best way they learned how.
- **The trance of language.** Don't let me get started on the alphabet. Language itself shapes our thoughts, our feelings, our perceptions. Modern English is a deliberately constructed artificial language much different from the Old English it 'evolved' out of. It is less naturally poetic, graceful, powerful and masculine. Modern English is about 40-60% (depending on your level of education) Latin and pidgin Latin derivatives. For example 'French', is merely the street Latin of Roman conquered Gaul. Latin is a hermaphroditic, polysyllabic tongue. Posh accents such as 'Received English' which are regarded as 'proper' are merely the English pronunciations of the court of the Saxe-Coburg-Goth (the Windsors) family aped by the British middle and upper (ruling) classes and therefore de facto of cousin-inbreeding 'incestuities' from various exotic climes and not of native origin. Queen Victoria (the basis for that mythological term – the 'Queen's English') spoke with a faint German accent all her life. Grammar and 'correct spelling' are entirely modern and arbitrary standardised fictions. Both Chaucer and 'Shakespeare' (probably Sir Francis Bacon actually if you haven't worked that one out yet) used multiple spellings in their works; in fact common words could have up to five agreed

upon spellings in Old English. Variety in spelling was seen as a sign of style, creativity and intelligence. Punctuation taken from Greek origins to denote letter absence was re-created at short notice by various mass printing houses. 'Modern English' was essentially created by the James 1st Bible and the works of Shakespeare. *Language defines what you pay attention to and what you don't.* It hinders or helps expression. The trend of 21st century English is 'linguistic minimalism', a sign of idiocy. This reminds me of a client who apologised for missing his appointment by saying, 'It's my bad.' That's not even a f***ing sentence.

- **The trance of school.** Note: the word 'school' is derived from the Latin word meaning 'leisure'. Simply put your school trance is the sum total of crap that you picked up at that state mandated prison for children which claimed to tell you the nature of reality, at a time when your subconscious was wide open for guidance as to how to navigate through this crazy world. 99% of childhood, adolescent and adult failure can be put down to the huge piles of garbage you picked up at school. It doesn't mean all of it was useless or wrong: it wasn't. However it helped install a fictitious hologram of reality in your head; it put more than one or two 'flat earth' theories that you and others currently operate from. *'If you work hard and blah, blah, you'll succeed!'* Rii-ght! State schools purpose is to create standardised clones incapable of imagining anything other than the soul-destroying system they live in; the function of schools is to remove children from parents and synthetically re-parent them along state sanctioned lines. Poorer pupils are taught how to be good workers (almost never business men and women). Expensive private schools (fee paying) teach pupils how to lead the workers. Questions at private school exams include, *'You are Hannibal fighting the 2nd Punic War, what would you do differently to assure victory for Carthage over Rome etc.'* If you can, get hold of a history book that private school children read and note the greater depth and more accurate facts taught to these pupils. Their maps of reality are fuller and more accurate – this allows them a better chance to succeed. Elite schools place children in lots of

individualistic, challenge-response situations which they must overcome: this teaches them self-reliance and so true confidence. Impoverished people operate from impoverished maps and the wealthy and powerful like it that way. You can have all the native intelligence you want – if you are ignorant, you're royally screwed ladies and gents! We will discuss the intensely dumbed-down 'education' system (actually it's just a schooling system) in this book. By the way if you haven't worked it out yet – ***there is a war on thought or rather thinking as a mental process, I think there almost always has been.*** Lots of well-intentioned teachers being as ignorant as their pupils of reality themselves, being state school products too, play no deliberate 'conspiratorial' role in installing school trances and yet nonetheless they do. One of their unintentional main tools is the hypnotic power of boredom! Let me ask you a question: did a teacher at school EVER reward you for thinking for yourself?

- **The trance of peers.** We like to think the same way as those around us. We like to be around those who are like us, there is in fact much evidence that we like to be around those who look like us, dress like us and have pretty much the same genetics. We become distressed when the case is otherwise. However - **intense and chronic programming can overwrite instincts.** All this is well known. We feel a pressure to 'fit in' – this is the fundamental human trait that leads to a whole host of problems as we all know, also known as 'lemming syndrome'. I can remember the simplest examples of this as a boy with friends who would run across busy roads without looking, one of whom was eventually struck by a car before my eyes, he was wearing my beloved Liverpool Football (soccer) Club kit at the time: mercifully it was undamaged. On another occasion I was with friends who wanted to get through the hole in the wire fence behind my childhood home and climb up the grassy embankment onto the railway line for fun! In adolescence the pressure to take drugs because all your stupid friends do is enormous – even though the known damage to mental and physical health is documented and voluminous. There is a pressure in families to vote a certain way because your parents do. To buy certain 'experiences' – clothes, holidays, magazines etc. just because everyone

else does. That's a pretty weak 'because'. It is the basis of why young teenage boys volunteered to be slaughtered in war after war for fear of social disapproval – the award of a 'coward's' white feather being just one example of how this type of trance was induced in World War 1. The originator of this tactic being world revolutionary and writer H.G. Wells. **When we stop thinking for ourselves we are in a trance. Trance is the default setting of a mind that's not working consciously. Sometimes, when purposeful, this is healthy at other times it's incredibly unhealthy.** An unthinking trance when thinking is required is not a very good one at all: in fact you will see as you read on just how potentially dangerous such an unthinking state is.

- **The 'religious' trance.** If there are greater trances induced by anything more powerfully so than the phenomena known as 'religion' I do not know of them. A religion, no matter what its pros and cons essentially says, *'We know all about reality. We have all the secrets. Follow this path, be good as we define it and you get to go to 'heaven', reincarnate etc. (post death operant conditioning) If you don't blindly do as we say something nasty will happen, forever, you'll come back as a steaming turd or go someplace hot or really cold and little red creatures will poke things into your rectum in ways you won't like.'* Religions do have truths, they pace some of reality in order to lead with lots of delusions; they build one atop the other – all have some validity and some wisdom otherwise no one would fall for their lies. All misinformation needs a slither of truth; they do temporarily appear to fulfil vital human needs, often in very odd and artificial ways. **The collapse of Western Christendom and the secular 'Marxist' takeover of the Catholic Church in the mid-20th century was a terrible social catastrophe in many ways. The consequences and rippling after-effects have not even been consciously processed by most people.** Yet they are very real and are directly related to the mass nihilism we see all around us; and I say this as someone who is not a Christian. Although Christianity puts many people into a trance, it was in many ways a pro-social one as opposed to the anti-social ones that are filling the void. The main problem I have with all forms of Christianity is that they seem to have nothing to do with the teaching of the man 'Jesus'.

This will be discussed later. If you parrot anything from any source without thinking about it – you are in a waking trance. The thing is: we’ve all done it! Many people consciously and unconsciously seek out this state which we can only call ‘unthinking’, a recent study revealed that most people questioned said they’d rather be electrocuted than think. You are in dangerous doo-doo when such thoughts become the cultural norm. We will discuss various examples of religious trance in this book. I will explain the difference between religions and cults in this book.

- **The trance of the media.** The trance induced by the media is simply what is known as ‘hyper-reality’, a state whereby truth and fantasy are indistinguishable from one another. News stories (*stories* being the important word; how often have you heard media types use the buzz word ‘narrative’?) which are so far from the truth or merely a distorted, bug-eyed hobgoblin of it; films devoid of beauty, meaning and purpose; literature devoid of clarity, real thought, vision and authorial originality, serving only as a tool for propaganda and indoctrination while someone’s analytical guard is down in a reading trance are obvious examples. **Repeated exposure alone to various ‘party lines’ or accepted ‘narratives’ may influence the masses more than anyone suspects.** If you passively sit and receive information from the media which covers up all sorts of crimes by simply not covering them, or even actively engaging in them, without you even knowing the ‘talking head’s’ telling you the ‘way things are’ morality or real personality, then you have chosen to become a child. A child at school in a seemingly adult body. You are stuck in a state of unearned trust: or as I call it pathological naiveté. At its most mild and elementary level of ‘thought stopping’, endlessly looping a catchy and mindless song over and over in our heads comes to mind. In this book you will be given conclusive proof from neuroscience that your TV does indeed hypnotise you, alters your perception of reality and gives you suggestions! It is in fact the most powerful, artificial hallucinogen known to man.

- **The trance of work.** Where do we start here? Most people are conditioned to follow the ‘work trance’. What is this? Put simply, the vast mass of humanity labour in meaningless toil that brings them close to zero satisfaction of any of their true needs (other than sheer scraping-by survival) or deepest human, individual yearnings. **Work is not a joyous, zestful expression of the self but rather a way to pass the time while existing, temporarily relieved by vacations/holidays. People are made ill by their work. They seek the help of doctors who medicate them into being merely ‘viable’ and placing them back into the very self-same environment that made them ill in the first place!** The purpose of human existence is not to enrich the trillionaire class, to loyally serve the State, or see the temporary relief of changing one dull job or room for another. Yet the majority are quite happy to pretend all is quite normal and they should expect nothing more. As we know from hypnosis – *beware what you expect*. There are many such overarching meta-memes of unspoken, unquestioned and semi-conscious authority which control whole nations with a fake reality that the way things are is not a social construct by design but rather as real and natural as the sky above our heads or the ground beneath our feet. One prime example of ‘inevitability neurosis’ is the Marxist belief drummed into many, especially in the West that such a thing as ‘historical dialectics’ is real and that ‘World Communism’ is as inevitable as the setting sun. **Everything that occurs in our human world (more or less) occurs through human action, inaction and speaking realities into existence.** This is the meaning in the Bible of the phrase: ‘In the beginning was the word.’ We literally speak social ‘realities’ into existence. I remember working at the Home Office (government bureaucracy) in England and seeing what I termed ‘lifers’; these were those who had quite simply given up on the risk taking adventure called living. They went to work listlessly without joy or energy; they collected a pay cheque, had no unique opinions on anything, did an average job and often died before they collected their pension, probably from sheer boredom. This is the social construction of death.

- **The trance of power and submission.** There is a rising tide of scum and petty-authoritarianism in the West. Power puts certain people in authority trances whereby they think and feel with an intense focus that they should or must be obeyed. These are the ‘neo-authoritarians’; the roots of this again are Gnostic. Often they sport uniforms and puff up their chests. This person doesn’t suggest, her commands are orders and she gets off on her ‘power trip’. This behaviour is copied from psychopaths by the wretched and weak of society, the second-raters and perverts, as they see it as a way to ‘get ahead’. He or she will ensure they get into positions of authority so as to bully with corporate impunity and/or state backing. There is also the reverse power trance or submission. This is where someone blindly follows suggestions that have a very real detrimental effect on the explicit individual and others. Power and submission can be as neurologically addictive as cocaine. All drugs involve aspects of hypnotic phenomena.
- **The trance of the pseudo society.** That great nominalised myth ‘society’ or as I prefer to call it the ‘society monster’ hates all individuality and individualism. It likes mono-culture; this only and not that. Society trances are ones created by the laws and immoral codes of elites which are then parroted by the plebs beneath them. Elites do not follow the laws they write. They are essentially lawless. By means of indoctrinated social approval or disapproval the society monster (the elite controlled power of the masses) keeps the free-thinker in place. In true healthy societies people are free to choose their way of life as long as it does not adversely affect others. That I am aware such a place has not existed or lasted historically. Human interactions occur naturally in genuine family and friendship based alliances of choice; all other ‘communities’ are merely ‘networks’: synthetic, temporary replicas. Just as satisfying as a fake plastic tree is compared with a real one.
- **The authority trance.** A specialised form of power trance only available to the ‘high professions’ – lawyers, doctors, scientists etc. *They expect their words to be followed as though an intermediary for*

God! Will be discussed in more depth. The ‘professional archetype’ is borrowed by all in that profession.

- **The trance of the nation.** The collection of myths a people will tell themselves about ‘their’ past, identity etc. Although various groups of humans do have genuine pasts and identities and hence futures they are almost entirely ignorant of their true nature. An example of this would be the man who told me the English are part Roman when in fact the English war bands drove out the remainder of Romans and Romanised Celts from southern Britain after Rome’s fall! The English are in fact genetically almost 100% German stock.
- **The globalised trance.** This is the trance that such a thing as a ‘global citizen’ or ‘globalisation’ exists as anything other than a concept, a school/media/corporate induced abstraction. This is entirely a believed in imagining – a hypnotic reality of what various banking-corporate elites would like you to believe: it is an example of an artificial, non-reality based alter or pseudo-identity. Throughout history, humans have naturally preferred intimate closed systems to indiscriminate ones. Homogenisation, cultural genocide and standardisation makes them suffer. Humans are not infinitely malleable. The ‘global village’, so-called of Marshal McLuhan exists only as a media fabricated construct that has no basis in reality. All humanity is intrinsically local. There is no evidence whatsoever that men are naturally nomadic.
- **The history/past trance.** This is a semi-conscious self-functioning timeline composed of tit bits of ‘history’ from school, books, TV, museum visits, stories, anecdotes etc. that you use to navigate yourself through time and space and so have a sense of continuity about past, present and future. Some of it is accurate and some entirely false or based on out of date models and discoveries that you act upon ‘as if’ they are real. What we call ‘history’ is primarily an act of faith, as someone rightly said: ‘History is bunkum!’ It is a very hypnotic construct and has great hypnotic power as it exists as a collective pseudo-memory rather than an imaginary fiction, as you will discover within! We have a personal history, which fits into a wider national

history, which fits into a wider myth still of 'human history'. Historical trances are powerful because they tap into our very sense of identity.

- **The present trance.** This is pretty much everything you have been conditioned to focus on now in order to get your needs met and be happy. It contains all your belief systems about what is.
- **The future trance.** This is the sum total of all your cultural conditionings about where human future-history and so your future are going. Hypnotic realities about possibilities and inevitabilities can be created here: for example, 'The economy is booming and will only grow!' until it goes bust tomorrow. I could tell you some stories about my client's delusions and the 2008-2009 financial crash! Wow! A lot of people get into trouble because their 'future map' is faulty at best, delusional in the extreme at worst! Future trances can make us make very stupid decisions indeed.
- **The reality trance.** This is everything you believe to be true about the material world. It is the most powerful operative map we have: all others are sub-routines of it.
- **The needs and pseudo needs trance.** These are all the artificial and unhealthy urges anyone has following indoctrination that 'so and so' is important when it isn't. Often fake needs are created so you cannot get need satisfaction at all! Addictions and cults (same thing) are great at doing this! The roots of such thinking and in my opinion ALL addictions are Gnostic in origin.

All of these trances and more besides create your holographic representation of reality which guide you for good and ill through time and space in your lifetime.

Cultural hypnosis and poor mental health.

The further anyone is from external reality as it is, the more likely anyone is to develop a whole variety of mental health problems as the hologram

bashes against the brick wall of genuine reality. **NOTE: hypnotic holograms cannot beat reality.**

Traditions vs cultural hypnosis.

Folk traditions in many ways provide a good natural source of ways of perceiving and relating to the world and to each other. Often they have organically evolved as a series of challenges and responses to given environments and innate collective genetic proclivities utilised to help a given people survive and have social cohesion. Without traditions to call upon, a person ‘floats’ and is at risk of developing a form of information disease which can have catastrophic results for both psyche and society. Cultural hypnosis is not based on traditions but the artificial creation of ‘new, arbitrary traditions’. Or what some call ‘the new normal’.

Sounds bleak! It is...*So where Padawan do we go from here????!*

I thought you’d never ask!

Part 1: the science of cultural hypnosis; mind-body psycho-biological realities.

The ‘science’ of how to hypnotise anyone.

This first section draws from numerous studies in order to attempt a working ‘scientific’ model of the Rogue Hypnotist’s approach to hypnosis. It is written in an easy, accessible manner that ALL can understand; unless of course you are an abject cretin. Let’s dive in Padawans! Because before we delve deeper into specific examples of cultural hypnosis we must examine what we call ‘hypnosis’ and find out what it really is.

Section 1: What is ‘hypnotisability’ really?

Science is confused and rarely likes to make commitments of certainty. Like a girl liable to cancel a fixed date at any time. Though shy on the matter of that non-specified verb – ‘hypnotisability’; what dare she tell us? If anything?

In hypnotisability studies volunteers from Latin cultures are slightly more hypnotisable than North West European. About 27% vs 23-5%ish from each respective background were found to be 'highly hypnotisable'. The Holy Grail for some reason. **Why DO boffins/nerds want to know who is highly hypnotisable and who isn't and how the latter might be turned into the former?** Beats the sh*t out of me! It is no surprise that cultures that value the expression of unconscious factors such as emotions will be more easily hypnotised. Hypnosis seeks to elicit unconscious responses – in those from 'Latin temperaments' such features will be closer to the surface; though clearly only a little bit more so. This would seem to confirm the author of 'The Crowd', Le Bon's claim that Latin crowds were easier for the demagogue to sway than 'Anglo-Saxon' ones. The matter is certainly not set in stone however. Where else can we turn for answers?

Competing models of 'hypnosis'.

Broadly speaking the boffins have 6 or so really dumb ideas about what hypnosis is. Their favourites being? Hold on. Before we do this I have to quickly explain to you what the 'executive control' function of mind is. Because you will hear me mentioning it a lot. And I mean a lot padawans.

What the f**k is 'executive control'?

'Executive control function' (a business metaphor) is a set of mental processes that are involved in connecting past experiences with present actions. It is involved in the performance of a wide array of activities - which we would call (broadly) 'conscious'; that is we have to think about and work on them, they don't happen unconsciously and automatically. e.g. as planning, organizing, booking your next meal at Hooters, strategizing, paying attention to stuff, scratching your arse/ass, remembering details, managing time and space. So when I say executive this or that just think, 'Oh he means what we call the conscious mind!' It self regulates behaviour.

2 orders of function.

Executive control functions (what I will call now and again ECF) have been spilt into two main categories – 1. **Organisational** and 2. **Regulatory**

abilities.

1. **Organizational functions include** - gathering information and structuring it for evaluation, attention, planning, sequencing, problem solving, working memory, cognitive flexibility, abstract thinking, rule acquisition, selecting relevant sensory information etc.
2. **Regulatory functions involves** - evaluating available information and changing/adapting your responses to the environment, resisting temptations (imagine seeing a lovely tub of Ben and Jerry's Ice Cream in front of you! You want that bitch bad! BUT your executive system reminds you that eating it would mean that tubby tummy stays around for that vacation you have planned and the chicks won't be impressed. It helps you to focus on achieving your goals - clearly this part is 'overwhelmed' in addictions). This you might call 'long range thinking and reasoning' One type of executive function is called prospective memory, the ability to project into the future and solve problems (future pace) that are likely to arise. Also - initiation of action, self-control, emotional regulation, monitoring internal and external stimuli, initiating and inhibiting context-specific behaviour, moral reasoning, decision-making etc. I want to drill this in – there will be mucho repetition 'cause that's how you learn best!

More detailed examples of the ECF's 'role' follow in list form.

- **Making plans.**
- **Keeping track of time and finishing work on time.**
- **Keeping track of more than one thing at once.**
- **Meaningfully including past knowledge in discussions.**
- **Evaluating ideas and reflecting on our work, life events etc.**
- **Visualising in your 'mind's eye'. This helps in guiding your possible actions and execution of them – the 'how'.**
- **Working memory function (short term memory).**

- **Changing our minds and making mid-course corrections while thinking, reading and writing.**
- **Asking for help or seeking more information when we need it.**
- **Engaging in ‘group dynamics’. It coordinates appropriate social activity.**
- **Waiting to speak until we’re called on in a meeting/class etc. (self-restraint/control).**

Using the business model idea think of it this way: the ‘chief executive officer’ CEO of a company/corporation monitors all of the different departments so that the company can ‘move forward’ as efficiently and effectively as possible. It is a high-level cognitive function that **coordinates and controls** all the other cognitive functions, e.g. our abilities and behaviours.

Problems with this part are indicated if a person has trouble doing the following:

- **Planning projects.**
- **Comprehending how much time a project will take to complete.**
- **Telling stories (verbally or in writing), struggling to communicate details in an organized, sequential manner.**
- **Memorizing and retrieving information from memory.**
- **Initiating activities or tasks, or *generating ideas independently*.**
- **Retaining information while doing something with it, for example, remembering a phone number while dialling.**
- **Socially inappropriate behaviour.**
- **Inability to apply consequences from past actions.**
- **Difficulty with abstract concepts (the inability to make the leap from the symbolic to the real world).**

- Difficulty in planning and initiation (getting started).
- Difficulty with verbal fluency.
- Inability to multitask.
- Difficulty processing, storing, and/or retrieving information.
- Frequent 'policing' by others to monitor the appropriateness of their actions.
- Loss of fine motor skills like grabbing something with your thumb and forefinger more than gross motor skills like running and jumping.
- Moody or 'roller coaster' emotions.
- Lack of concern toward people and animals.
- Loss of interest in activities.
- Unawareness or denial that their behaviour is a problem.
- 'Antisocial' behaviour associated with 'disinhibition'. *This will be important later.*
- Trouble planning for the future.

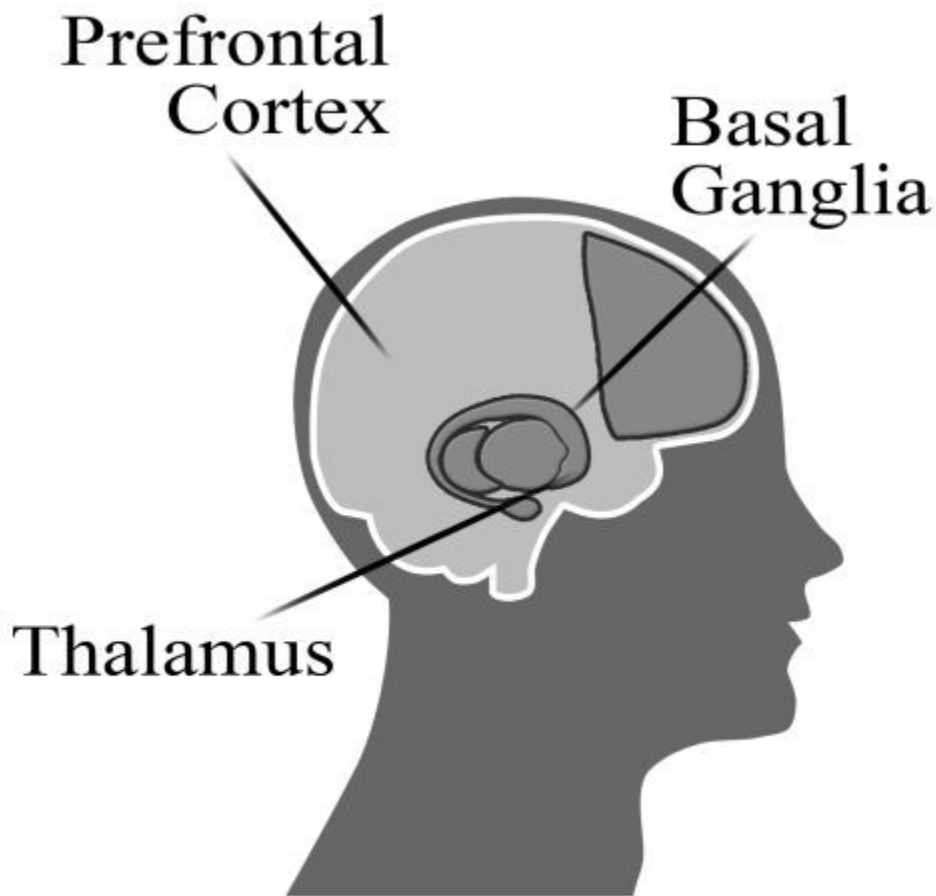
NOTE: physical changes and life experiences can shape and affect its function. So-called 'learning disabilities' are said to affect this 'part'/function. What we call 'autism' is a good example. Also what we call psychopathy is revealed by marked inactivity in this area! Psychopaths are creatures of almost pure instinct.

The anatomy of executive control functions.

Problems with the ECF have been associated with damage to the most frontal reaches of the frontal lobes (located just above your eyes), as well as the cortical and subcortical structures that connect to the frontal lobes. **The executive system** involves the prefrontal cortex, basal ganglia and thalamus

(see diagram no. 1. Note: all diagrams are approximations.) Interestingly and coincidentally this is the part destroyed to make people zombies in co-called ‘lobotomies’. Good ‘ol psychiatry! Where would we be without it!????! If we can’t cure you – heck we’ll just turn you into a compliant vegetable!

Diagram 1: The ‘executive control’ system.



NOTE: The frontal lobes are the final sections of the brain to fully develop. Darwinists tell us that it developed late (some time after tea time?) and is much larger in us than a chimp. Well not all of us – George Bush 2 for example but...the frontal lobes typically comprise a whopping 40% of the human brain approximately.

Ok that's that out of the way but I might tell you more about ECF as we go along. That way it will stick in your noggin good! Let's deal with the high hypnotisability and hypnosis theories now. And theory is the right word as you'll see!

The dominant competing hypnotic mind models.

A. An altered state (AS). This concept is the oldest and has a lot going for it no matter what the white coated loons imagine. This approach states that hypnosis creates 'trance' – a discreet and unique state. It can be intensified, strengthened through a concept known as 'depth.' In its favour 1. Hypnosis *is* a unique state and 2. It can be 'deepened' through intensification of what is actually 'hypnotic-trance'.

B. Absorption traits (AT). Boffins terrified as they are of unmeasurable subjective experience – i.e. they can't measure 'depth' with any funny electrical devices and so therefore 'it doesn't exist'. Unless of course you've been hypnotised and you know it does. This is really like a scientist saying that he has never brought his wife to orgasm and therefore it does not exist. So-called absorption traits are somewhat 'quantifiable'; after all we have all been absorbed in an activity – say reading etc. We have been immersed in a task. Hypnosis is just a variation of this – well, yes and no. It's a start but absorption by itself isn't hypnosis. It is the way to slide someone into hypnosis. Words associated with absorption traits are **concentrate, focus** etc.

C. Ego-psychological theory (EP). This is just an updated version of Freud's view of hypnosis as some kind of group-mind capacity triggered by a powerful leader – again there is some truth in this. But there is more, some researchers (Shor) claim that hypnosis creates a state in which reality and fantasy are blurred – again partially true. Shor believed that the so-called 'general reality orientation' (the ability to tell fantasy from reality) was destabilised/weakened in trance.

Again this can be true but not always. Ego-psychological approaches posit two 'layers' of 'mental processes' – 1. The so-called primary processes: these being **primitive, illogical, childlike, holistic, emotional, unconscious** (all a nice set of very vague hypnotic nominalisations!). 2. The so-called

secondary processes are **emotion free** (is anything emotion free?) **analytical, mature, logical, adult, sophisticated, reason-based, conscious**. EPers believe that adult functioning is based on the latter form of processing! I mean look around you – see any evidence for that? Me neither. In hypnosis EPers believe that ‘secondary processes’ relinquish control to ‘regressive’ primary based ones. This accounts for why people are more ‘suggestible’ (the flaw is there is no evidence that they always are!). However as we will see neuroscience does prove that conscious mind ‘executive functions’ are dampened during hypnotic-trance. More on this latter. This theory, which is also derived from psychoanalytical approaches (an ersatz - ‘replacement’ - form of Gnosticism), sees ‘high hypnotisability’ as a trait denoting a tendency or capacity by an individual to essentially become more childlike. Again there is no proof for this assertion – although again, it has a smidgen of validity.

D. Dissociative ability (DA). There are two main ‘dissociative’ theories that seek to explain hypnosis. **1. Dissociative control (DC). 2. Neodissociation (ND).** The first is similar to the binary level model of mind proposed in the ego-psychological approach. The DC theory claims that when any learned behaviour becomes habitual an unconscious ‘schemata’ is formed which runs that behaviour without any need for conscious interference. It has become wired-in and automatic so to speak. External and internal cues (environmental post-hypnotics if you like) can trigger such behaviour patterns as and when needed and appropriate; this is said to be controlled by a competitive function known as ‘contention scheduling’. *Note: such behaviours need no conscious awareness or intent.* However when novel stimulus occurs for which there is no unconscious pattern, a ‘higher level’ function of mind kicks in known as SAS or the Supervisory Attention System – this watchdog function may stimulate or stop an unconscious pattern as it sees fit. In hypnosis this ‘SAS’ is numbed, knocked off-line. **When this occurs situational cues take on an exaggerated importance with regards to directing and indeed controlling behaviour. This is a true statement and matches my experience as a hypnotist. Essentially the hypnotist subverts the SAS mechanism. Using words alone (suggestion) the hypnotist can activate, suppress or extinguish unconscious ‘schemata’ patterns.** Examples of schemata in everyday life

are verbal and physical unconscious ‘slips’ etc. Some proponents of this model claim that hypnosis mirrors the effect of frontal lobe damage, in that patients affected in such ways rely on situational cues to trigger behaviour which is sometimes inappropriate. As you will see from the neuroscience model – there is some validity in this. The frontal lobes are affected by the hypnotic state dramatically. Our sense of control or ‘volition’, of seeming to consciously, willingly and knowingly directing our behaviours is not fully involved through SAS ‘destabilisation’ in hypnotic trance.

Some DA theorists have suggested that responses to hypnotic suggestions are controlled by 2 separate ‘mechanisms’ 1. ‘Social mechanisms’ (left entirely undefined) such as ideomotor responses (these are unconscious body movements etc.) and 2. Those described above in DC theory such as forgetting and pain control (amnesia and anaesthesia), which are described as ‘more complex’ (than what?). Some studies claim to have proven that what are called ‘social suggestions’ (again undefined) but referring to social mechanisms are entailed in eliciting low level ‘hypnotic phenomena’ but not mechanism 2. To sum up the DC approach – **spontaneous executive function inhibition = high hypnotisability/response** is implied but they don’t say what this is or how this works. Or if you prefer - Hypnosis is defined as: **dissociation of high and low level cognitive process**. Feeling any the wiser? Me neither.

Let’s try the ND route and see if we get anywhere! This is based on Hilgard’s famous work on hypnosis (if you’re a hypnotist that is!) Hypnosis is defined as: **dissociation in higher level brain functions** and not between ‘higher’ and ‘lower’ systems of mind. Hypnosis causes ‘fractionation’ of executive control functions – that is they are ‘inhibited’ somewhat. Part of the executive control functions are still operating as normal whilst another or 2nd dissociated part is ‘concealed’ (hidden) from awareness; that is - not communicating with what we call ‘consciousness’. ND suggests a so-called ‘amnesia barrier’ is created. What forgetting has to do with it I have no idea. Let’s press on. Executive control function is operative but not talking to consciousness (not representing/registering itself, like a wire that has been shut down temporarily). Hilgard and his followers believe that this dissociated ‘part’ of the executive function is the hypnotised ‘bit’ if you like

and that this ‘bit’ is the part that responds directly to suggestions. As the changes occur outside of awareness and seems to be ‘spontaneous’ – that is the hypnotee is totally or almost totally unaware of the unconscious mechanisms of the change – that is the ‘how’ of why change is kept ‘secret’ and so seems out of conscious control.

Cool DA words so far – **dissociate, schemata, higher and lower mind etc.** Later you will notice stuff like **mechanisms** and **hidden observer**.

Executive fractionation and the ‘hidden observer’ discovery.

In tests carried out in the late 1970’s and early 80’s researchers gave hypnotised individuals capable of inhibiting pain signals* in hypnosis a suggestion that a ‘hidden observer’ was watching and could rate the pain though it could not be felt. Notice what I said, researcher’s gave the suggestion – with what we know about creating fictitious entities such as ‘places in the mind’ such as a ‘hidden observer’ (if it’s hidden, it ain’t that well hidden or we wouldn’t know about it, perhaps we should call it the ‘deluded hidden observer’ – or b*llsh*t!), especially with high hypnotisables, you could ‘create it’ through suggestion alone due to the hypnotic phenomena of ‘believed in imaginings’. In hypnosis the hypnotee would act as if it were real! In the tests, the hypnotists said the hidden observer was ‘unhypnotised’ and capable of informing researchers of the pain levels through various means, pressing a keyboard etc.

(*Specifically this was ‘ischemic pain’, highly unpleasant, excruciating pain caused by varieties of decreased blood flow such as mechanical obstruction, constricting orthopaedic casts, or insufficient blood flow from injury, surgical trauma or occlusive arterial disease. The final instance is capable of being so severe that it can’t be lessened, even with narcotics!)

Some ND theorists suggest that the ‘hidden observer’ (which remains controversial – to say the least!) proves that there are both **conscious and unconscious executive control functions**. Studies in memory and perceptual functions of mind were tested in hypnosis and the researchers claimed that ‘explicit’ (e.g. conscious/intentional reflection on day to day events such as keeping an appointment, recollecting a nice day) but not ‘implicit’ (e.g. previous experience aiding in task performance without

conscious awareness of those experiences – unconsciously) functions were affected. To me this doesn't prove anything as both functions can be used and worked upon in hypnosis and often are.

The deepest level of the psyche is 'The Core' – this can be communicated with in hypnosis. You just say, *'I want to talk to the core etc.'*

Neo-dissociation and trauma trance.

ND believers point out people who have experienced or are experiencing processes such as 'bulimia' (for which spontaneous hypnosis plays a part as it does in all addictions; yes bulimia is in part an addiction), 'Dissociative Identity Disorder' (DID, formerly MPD – 'Multiple Personality Disorder'), and 'PTSD' (Post Traumatic Stress Disorder) are highly hypnotisable and that all these 'conditions' involve 'dissociation' as a coping mechanism in escaping the reality of abuse etc. A series of studies had quite rightly questioned this. Dissociation is involved in processes such as 'repression' (the hiding of disturbing events from consciousness by the unconscious as they are too painful) which is very, very real. However I have had many hyper-responsive hypnotees who were incredibly good subjects who had experienced no trauma whatsoever. Dissociation and hypnosis are very close to one another but not quite the same thing. Dissociation proper being related to 'trauma escape' and extreme shock and **hypnosis being primarily determined (in hypnotherapy at least) by unconscious motivation to be hypnotised.** For example - to recover from PTSD! In my 9th book I will show you how to help PTSD clients. However note: dissociation is a better state for programming someone than hypnosis is. Hypnosis for example could be used to elicit a pre-existing dissociated state at will.

Hilgardy-baby's theory posits a hyper-responsive trait which is 'stable' (genetic/trauma based?) and called 'dissociation'; an implied pathological ability to escape reality in times of stress etc. Except, hypnotherapy isn't stressful – it feels really nice. Sh*t! Next!

NOTE: All theories so far state that 'higher level cognitive functions' of executive control ARE inhibited during hypnosis.

Let's define 'inhibition': 'to keep back, hold back, hold in, restrain, to prohibit, forbid, check, hinder, suppress'. Hmmm? In other words to **stop it doing its job properly, if at all.**

Pick a theory any theory! Hurry, hurry, hurry! Let's try...

E. Neuro-physiological theory. Someone called Gruzelier using a bog-standard relaxotherapy (PMR – Progressive Muscle Relaxation) hypnotic induction claimed that hypnosis could be divided into 3 separate states.

1. **The concentration stage:** The hypnotee **concentrates** on the words of the hypnotist – left fronto-limbic areas linked to increased concentration were seen to be highly active in this phase.
2. **The 'letting go' stage:** At some point the subject **let's go** of attention processes (concentrating) and hands over 'control' to the hypnotist. This led to 'inhibition' of the left frontal brain region (left side of the part of the brain responsible for executive functions etc. The left side is involved with language related movement as opposed to the right's non-verbal bias. However both lobes are involved in ALL behaviour).
3. **Activation of the 'non-dominant' hemisphere stage:** When asked to **visualise** or when doing so spontaneously (imagination/daydreaming/dreaming proper) the person's right sided temporo-posterior systems became activated (involved in visualisation, emotions, music, language, sexuality etc.). This is similar to what NLP founders Bandler and Grindler claimed in their first book that modelled Erickson's so-called 'patterns'.

During this 3 stage process Gruzelier claimed that executive control was inhibited (it just needs to get out more!) – this in turn led to 'reallocation of attention' by following re-directive suggestions which in turn led to 'increased suggestibility'. He doesn't seem to have explained how this happened. Perhaps his executive control function needed firing!? The only problem with this theory is that concentration or visualisation is not required for hypnosis to occur! Oops! Slight technical hitch. We shall persist...

In summation: Gruzybaby claimed that high hypnotisability was rooted in/created by what he called ‘superior attentional abilities’. The ability to **redirect focus easily**. This almost followed a 4 point pattern:

Focus.

Switch. (Focus.)

Focus.

Sustain. (To maintain the focus.)

Etc.

People who ‘can’t’ do this easily are ‘low hypnotisables’. So the highly hypnotisable trait posited is being able to **alter focus at will**. But if sufficiently motivated ANYONE can do that. Sh*t! Are we any closer????!

F. Socio-cognitive process theories (SP).

Researchers from this angle believe there is nothing unique about hypnosis and it merely utilises already existing ‘psychological approaches’ and influences. There is actually a great deal of veracity in this line of thinking. They claim that **expectation and motivation** alone can increase the effectiveness of suggestions with or without formal hypnotic trance and they are 100% correct. Unfortunately what is meant by ‘motivation’ and ‘expectation’ is never fully revealed. Typical of the obscurantism of much so called science. Tests have shown that subjects engaged in ‘energetic activities’ when given suggestions for ‘increased awareness’ and ‘energy’ responded as if formally hypnotised. But of course engaging in an energetic activity would produce an awareness of physical feelings (breathing etc.) and a state of absorption: so no surprise there Sherlock! Other things such as ‘hypno-pills’ etc. are covered; more on this in my 4th book, ‘Forbidden hypnotic secrets!’ Socio-cognitive models as I call them tend toward 5 main sources of what ‘hypnosis’ is.

1. **The Imagination.** This unfortunately is not a very original idea and is wrong. Visualisation is not needed for hypnosis. Hyper-responsive people do have very good imaginations which makes it easier for them to become

absorbed in ‘inner realities’; but it would be closer to the truth to say that accessing the imagination can ‘tip’ someone into hypnosis and be used as a vehicle to communicate with ‘other than conscious processes’ in hypnosis, of which, at a mechanical level, we apparently know nothing! Or do we???

2. **Response expectancy.** This is the idea that the hypnotist merely primes a client/subject to ‘expect’ that certain things will happen and so they do. Unfortunately this falls down fast when the reality of running a hypnotherapeutic practice is that clients will experience things quite spontaneously in trance which are quite different from what you, as the hypnotist, primed them for or expected. Such a case would be a woman who came to see me, who manifested the sensation of feeling that her entire body had turned into solid rock with absolutely no suggestion from me at all. This is the true idiosyncratic nature of genuine hypnosis which is a subjective response to suggestions not at all in line with the ‘human robot’ theory of hypnosis and psychology in general for which we have the lunatics Freud and Skinner to be grateful for! ‘Expectancy’ in the very widest sense of the word does play a part in hypnosis but is not in itself ‘hypnosis’. I have given laborious examples of this in my other books. The problem with all these half-baked ‘theories’ so far is that:

A. The researcher is biasing their results by seeking to prove an assumed dogma.

B. Discovering an undoubted minor aspect of hypnosis and generalising from the ‘symptom’ that the whole identity of the hypnotic process has been discovered. Alas this is not the case.

NOTE: the purpose of any real scientific endeavour is to find the truth not to flatter the supposed ‘cleverness’ of Professor X or Y. How much taxpayer’s money or corporate profits is wasted on such pointless mental masturbation boggles the mind!

1. **Strategic enactment.** This is probably one of the most stupid and inane piles of garbage to have ever left a lab. So pathetic is it by way of an explanation that it should have caused the originator only the greatest sense of shame and embarrassment. This is why I also call this so-called socio-cognitive approach the ‘**conscious social compliance**’

model. It kind of goes thus: hypnotic subjects are not ‘passive’ (undefined) but actually conscious and are *trying* to ‘make things happen’ by utilising a set of unspecified ‘mental skills’. Any subjective idea on the part of the hypnotee that this is otherwise is put down to expectations generated by a hypnotic context. E.g. arm levitation is caused by ‘utilising the imagination’ so that the arm feels as if it is lifting outside of conscious control; yet again however we are given absolutely no explanation as to what the intervening mechanism between expectation-imagination-and arm lift actually is! Pain control is put down to ‘distraction’ strategies that the client employs at will, sometimes just by focusing on ‘other things’. Again no explanation of what these nominalised terms are is EVER given. In other words simple yet unspecified strategies are employed that explain hypnosis. Such theorists have a pathological and semi-religious belief that ‘hypnosis’ as something entirely unique, and unique to humans is an impossibility. Such levels of weird bias show more about the prejudice of the ‘researcher’ and their views on human capacities than they do about very real hypnotic realities. Scientists are just as given to indoctrinated perceptual bias as anyone else. As if we didn’t know! Let me assure such theorists ***IF I HYPNOTISED YOU, YOU WOULD KNOW YOU HAD BEEN SPOKEN TO!!!***

2. **Role playing and compliance.** This just gets worse! This is quite simply the idea that a person who is hypnotised is just pretending. Ye-es...would you like to explain to me why PTSD can be lifted in 15 minutes without formal hypnosis then? Precisely. Essentially hyper-responsives are just lying to ‘please’ the hypnotist and comply, thus appearing to be good subjects. Everyone has some friend who attended a seaside stage hypnotist show and was ‘hypnotised’ only to feel totally awake and unhypnotised. I had a friend who told just such a crap hypnotist that he wasn’t hypnotised and should leave the stage. The hypnotist grew angry and told him to just play along and he did! However to suggest EVERYONE is doing this is simply idiotic. I wonder if any of these researchers have hypnotised anyone at all and I would like to know what their exact methods are. These are conveniently always kept well hidden. Hmmm?

What is hypnotic susceptibility in the SP model?

According to this set of theories anyone can be taught to be a ‘high hypnotisable’ – this is in fact wrong. High hypnotisability is known to be genetic in origin and has nothing to do with ‘suggestibility’ which can occur in any context, with or without hypnosis. However some SP researchers have correctly identified that suggestibility is not dependent on formal hypnotic inductions but this is about as impressive as teaching your grandmother to suck eggs.

- **Hypnotisability ‘tests’**. Finally I have to put to bed the mythology that such a thing as a measurable ‘high hypnotisability test’ is in any way related to empirical (experiential) reality. The theory promoted by half-wits at Universities is that you can ‘measure’ whether someone is ‘hypnotisable’ or not. You do this by doing a standard ‘relaxotherapy’ induction (PMR), which by the way doesn’t always get hypnosis, and carry out ‘tests’ – arm lifts, physical rigidity, hand clasps etc. The more tests you pass the greater ‘hypnotic talent’ you have. Bullshit! The problem with post-enlightenment science is that it imagines that everything is measurable and it isn’t. So trapped by the prison of the 5 known senses is the scientific/Darwinist/Marxist/Freudian model (aka: 20th century Scientism mythology) that although it has its uses, it falls flat on its big-headed, know-it-all ass time and time again! I would like such morons to explain to me why people who don’t really have an amazingly creative personality, who are not prone to fantasy, who are not readily obedient to authority, who have no expectations of what is ‘expected’ in a hypnotherapy session at all are, when guided through the ‘right processes’ capable of astounding feats of self-healing that seem to defy all ‘logic’? The main reason anyone enters any kind of trance, hypnosis and hypnotic-trance state is because they are highly motivated to do so; that the unconscious can switch mental states at will if it so decides and that true hypnotherapeutic change-work taps into and utilises already existing subconscious structures and paces them.

Rogue hypnotist's endnote: 'High hypnotisability' or what should more accurately be called 'hyper-responsiveness' is revealed by the visible/observable intense patterns of emotional-physical response to suggestions in an appropriate hypnotic context, whether this is hypnosis for entertainment or 'therapy'. Absorption, expectation, imagination etc. play a part in leading any individual into a unique and entirely separate 'altered state' we call 'hypnosis' – this state indeed has elements of many others such as daydreaming, dreaming proper: the utilisation of sensory-imaginative capacities possessed to a greater or lesser extent by everyone. However like all 'God-given'/naturally inborn talents some people are just better at doing some stuff than others. This is just reality. You can no more train someone to be a great painter or great singer, or more than that a genius than you can train a person of reasonable hypnotic ability to respond like someone with amazing hypnotic responsiveness. Hypnotisability is not to be equated with the ability to manifest any therapeutic or entertaining response – here motivation and even 'light' hypnotic-trance states are often more than sufficient. The whole high-hypnotisable debate is rooted in post 'Enlightenment' (especially Marxist) theories that man is just an animal, that we are all pretty much the same and that all approaches to man can be mechanised and standardised. Fortunately reality has a way of defeating the Don Quixote fantasies of the 'scientists'. This is where 'science' is merely Gnosticism.

In part this book will prove to you beyond reasonable doubt, using the latest discoveries of neuroscience, that hypnosis or what we call hypnosis is something quite unique; unique in the psychological experience of individuals and of Mankind itself. But first...

What do researchers have to say about what high hypnotisables and the supposed identifying traits that they possess?

Defining hypnotic hyper-responsives.

Simply, what do modern boffins claim the traits of high hypnotisability are?

- The ability to become 'deeply absorbed' in 'experiences'.

- Highly imaginative (as opposed to ‘lowly’ imaginative?) and those who ‘use’ vivid imagery.
- They respond to ‘suggestions’ across a variety of ‘environmental contexts’.
- They ‘process information’ more ‘automatically’.
- Their brain activity show distinct variations from the less hypnotisable.

Studies have shown that hypnotisability is highest in childhood, peaks around the early teens and trails off except in a few individuals within a given population. I would say this is due to the fact that the conditioning processes of society, especially the school system whose job it is to nullify the imagination are to blame. An imagination is a positive hindrance to someone who has been groomed to work in Walmart. Having no imagination he can fathom no possible alternative: perfect!

There are 3 types of hypnotic responses according to boffins: we should familiarise ourselves with the classifications.

1. **Ideomotor responses.** Ideas that become actions. In this respect ALL hypnotic suggestions and suggestions outside of an obvious hypnotic context can be defined as such. Suggesting arm lightness or heaviness is one such bog-standard example.
2. **Challenge responses.** The kind of stuff loved by Estabrooks, stage hypnotists, Elman addicts etc. These are inhibitions of physical responses. Eye closure tests, hand sticks etc. Again in a way even permissive suggestions are ‘tests’ – are they followed or aren’t they? Also all these classifications interrelate and overlap. An order to follow an instruction from an authority figure is such a response i.e. from a police officer. Even if the order is unfair or idiotic.
3. **Cognitive responses.** Noticeable changes in perceptions and ‘normal’ conscious cognitive processes. Traditional examples include forgetting your name, hallucinating a boat, not seeing a boat that is there etc. These processes exist in cults, propaganda, history, religious belief

systems etc. Age regression (actually thinking you are younger not just imagining a past time) and changes of affect (emotion) also count.

There is really only *one* type of suggestion, as all suggestions have a mental and a physical response. A suggestion is neither wholly a psychological nor physical ‘process’ as the entire nervous system is interconnected.

Successful hypnotic suggestions are simply ideas that generate a psychophysiological response of varying intensity and duration:

Ideas are the ‘currency’ of the mind.

Hypnotic virtuosos?

Some boffins claim that there is such a thing as a ‘hypnotic virtuoso’; whatever that means. Of the above mentioned ‘tests’ – the cognitive seem the most difficult to achieve the desired response except with high hypnotisables. But the main reason for this is that such responses are associated in most people’s minds with disturbed thought processes. Not many people willingly want to experience that. A 2002 study found evidence, slight but noticeable that the global population is becoming more hypnotisable. This does not surprise me one bit as most people exist in waking trance for most of their lives and a standardised TV and globalised news network with only one agenda helps create this situation beautifully. Some researchers have tried to manufacture high hypnotisables with no obvious or repeatable patterns of any significant success: they have focused on building expectation (what I call hypnotic intent), increasing absorption through focusing on imagery and the spontaneous effects thereafter. A plan doomed to failure because it operates from a faulty ‘map’ of what hypnosis is. In fact I have not read a single scientific paper that even acknowledges that trance and hypnosis differ. Some studies have offered some hope and insight. They recognise the key significance of...

- **The vital importance of the hypnotist’s and hypnotee’s personal relationship. In other words without trust all hypnosis is pretty much doomed.**
- **Hyper-responsives become very absorbed by their experiences in daily living anyway. In my experience they seem more ‘alive’.**

- They are able to process information selectively, at least for a while and focus on that with some meaningful purpose.
- High hypnotisables have no ability to suppress their ability, in the same way someone with a big nose can't hide it! This is true. The hyper-responsive people don't have a choice as to the strength and intensity of their responses – it just happens! But this is only because in therapy they *want* the response. Studies have shown that such people can and do resist and even fake being hypnotised although it takes effort.
- A person's general 'hypnotic ideology', that is their learnt attitude and bias to what hypnosis is and whether it is positive or negative do affect outcomes. This is just a statement of the blindingly obvious and with a quick talk about what hypnosis really is, any nonsense is often quickly squished.
- Ambiguities in communication may not be responded to by low-response persons whereas a hyper-responsive will often be capable of greater generalisation and abstracting 'powers'.
- Some boffins have said that 'highs' have a greater 'openness to experience', a better capacity to enjoy daydreams and fantasy.
- Highs often underestimate how responsive they will be: this is because their ability is latent and not manifest until an appropriate context allows such unconscious behaviour.
- Interestingly highs often have more experiences that one might call 'paranormal' – what this denotes is up for grabs. This is a subtle implications that imagination = madness. Crap.
- Hypnotisability is contextually based: that is, the focus of absorption MUST be personally meaningful, perhaps symbolically to the hypnotee if success is going to be achieved at all.

Other indicators of hyper-responsive individuals?

Dr. Shor a well-known researcher and practitioner of hypnosis in the US claimed that the so-called ‘general reality orientation’ is effected in the hypnotic experience. He said that a person’s ongoing experience becomes isolated from external reality and critical appraisal. Hypnotic experience is more general than just a response to a series of what are basically stage hypnosis tests, let’s not kid ourselves. Interestingly I did have a client who so expected a series of tests that she was unable to enter hypnosis satisfactorily because I don’t use them. Her expectation and bias was such that she felt she needed a hypnotist who would administer them. I could have met her request but felt it was so dumb (she also had a very low I.Q) that she had best go elsewhere. What had seemed to have happened to her was that a birth control device which had been implanted in her arm had affected her ability to become absorbed for any length of time – she also displayed an almost total absence of any emotional response; what I call ‘dead on the inside’. A person’s trance ‘depth’ alters throughout the experience as people bob ‘up and down’ throughout. This occurs with high-responsives and the less talented.

Some boffins have ‘discovered’ – high hypnotisables are able to ‘dissociate’ from higher order functions (be hypnotised!), *experience pleasant feelings more readily and focus on internal processes*. All things I outlined in my first book. Boffins also rightly say that hyper-responsiveness is shown by overt signs of behavioural alterations. When I am inducing a pleasure state in a high hypnotisable their back arches and their head goes up as the intense feelings flow through them. In my experience hyper-responsives tend to be more ‘extravert’ in general anyway. Definitely more chatty and gregarious. The quieter ones seem to ‘laugh on the inside’ if you get my drift? Are hyper-responsives just more ‘herd-think’ prone than others or secretly creative or none of the above? The mind boggles!

Just because a hyper-responsive is so does not mean they have any unconscious desire to experience some set of silly tests such as hallucinations any more than someone with ‘low talent’.

‘Profundity’ as an indicator?

Some boffins have said that ‘profundity’ is a good indicator of whether a hyper-responsive will respond in an impressive way. What do they mean?

Profundity: Early 15th century, in the sense of, ‘bottom of the sea’, (unconscious?) and sense of ‘depth of intellect’ in English from the same century. Derived from Old French - ‘profundite’. Ultimately from Late Latin ‘profunditatem’ = ‘depth, intensity, immensity’; from ‘profundus’ - ‘deep, vast’. Modern French uses the term *profondité* proving that much of modern ‘English’ is just badly pronounced French.

Hypnosis that has deep meaning, great and broadly important significance? Hmmm? Hypnosis in hypnotherapy does include the desire to solve problems which are often deeply troubling. The significance is in the getting rid of them through communication with the client’s subconscious etc. by an altering in **information processing** on the part of the client. How this happens precisely is unknown. Only 50% of high hypnotisables said they had a ‘hidden observer’ who was aware of reality while the ‘trance logic’ of the suggested hypnotic reality was being processed in hypnotic trance. This is known as the ‘50% phenomenon’ – is this linked to a genetic dissociative coping mechanism under extreme stress rather than both types of hyper-responsive in general? Such ‘50-percenters’ tend to be highly creative and intelligent. But many of my ‘best’ clients were neither! In private practise no one has ever mentioned a so-called ‘hidden observer’; not once. One might wonder what the real point of these experiments were???

What does seem to be true, is that there are, at an unconscious level at any one time during wakefulness or sleep, multiple level, what can only be called ‘mental mechanisms’ or ‘multiple cognitive control systems’ and ‘levels of processing’ are indeed occurring. If this were not true people would not experience profound alterations in meaning and value, the ability to hallucinate things with no external stimulus, they wouldn’t ‘forget’ things or seemingly ‘lose control’ over various physical behaviours etc.

In hypnotherapy profundity can be suggested and is present ‘naturally’ when someone has a significant problem that needs solving fast!

But as I have said in previous books, the state of hypnosis makes ANYTHING seem to be profound! However I often say,

'You can experience a profound trance.'

Having no idea what this means for the client but knowing they will invent an appropriate meaning. As we will see reality is not plastic but the entranced human brain within limits is - and not always in its best interests! Hypnosis or the hypnotic state has the ability to cause a shift in people's 'maps of reality' that they store almost holographically: not just in the minds but throughout the entire interconnected nervous system and therefore body. This is why emotional states, belief systems etc. reveal themselves to the perceptive observer through 'body language' in all its forms. This profound reality is why cultural hypnosis is potentially so dangerous in the wrong hands as we shall see soon enough.

Types of hyper-responsives?

Another researcher (Barber) posited a pseudo theory of 3 'types' of hyper-responsives. These mythological beings were:

- **The fantasy prone individual.** (99% of the general population of earth!)
- **Those who forget events in their life (who doesn't?) and experience spontaneous amnesia in hypnosis.** (A few clients experience this but it's rare and when it does happen it may be as an indication that the work we have done hasn't 'taken'. It may in fact be a mechanism whereby the subconscious/unconscious 'protects' consciousness from ineffective or unwanted interventions).
- **Those with positive expectations about hypnosis – high motivation etc.** (In my experience most clients are worried about hypnosis and the talented subjects no less than the less so. I usually have to prime positive expectations into them in the pre-talk.)

There is zero evidence to back up the 3 abovementioned fictions.

Suggestions are contextualised.

In hypnosis most clients/subjects do not slavishly follow commands etc. to the letter. They contextualise them. They process them with a slant, a selective interpretation that they deem appropriate, no matter how crazy or weird the suggestion. Even when the hypnotist thinks he or she is dishing out the most wonderful suggestions ever – the client's subconscious is listening out for relevancy. That is, those suggestions that it deems 'relevant' to the situation at hand. This is why successful stage hypnosis is a more skilled art than most imagine. There is evidence for example that the induction of hypnotic 'blindness' does radically alter visual perception in some but not others. Some may act as they are expected to, 'as if' they were 'blind' etc. Some studies have indicated that physical changes in hypnosis such as arm levitation do serve as proof of hypnosis as a reality as opposed to cognitive or challenge tests. That is a hypnotist can aim to introduce any kind of bodily change whatsoever to induce 'deeper involvement' in the hypnotic experience. As I have said in my other books the best example of this stuff is inducing pleasant feelings! All clients can manifest this regardless of 'talent'.

People in hypnosis may become even more profoundly hypnotised after a successful phenomenon of this kind as much research has shown. Also duration of the effect of suggestions in such tests has shown that with some hypnotees, cancellation of a suggestion for a desired effect happens instantly, for others the suggestion wears off gradually. This is no great shock, even an awakening procedure after hypnotherapy will be met with mixed and idiosyncratic responses. Some subjects 'pop out', others sluggishly reorient. Hypnotising a group of folks and then watching their different reactions is very amusing, some sit quiet, prim and pert, others' mouths zombotically lop (I don't know if 'lop' is a word? It should be!) open!

Onset and offset of suggestion.

Just to elaborate – especially for beginners, subjects' responses to suggestion differ: there may well be a time lag. Some respond straight away, others later. A good example of this is when you ask for a yes/no finger signal response (ideomotor signalling); some client's fingers fidget about instantly, with others I have waited 5 -7 minutes before getting a

response. This doesn't mean I sat and did nothing. I carried on doing other work but kept an eye out for any physiological indicators as I pressed on. Don't panic – give people processing time. Some people leap in and others have a wee bit of an unconscious ponder! Studies have shown however that suggestions given within hypnotic inductions increase the chance that a suggestion, any, per se, will be followed. Belief in the reality of a given hypnotic response as 'real' or not has been shown to have no correlation to whether a person is hypnotically talented or not.

Social processes and environmental cues are important.

Usually, hypnosis is a powerful form of communication between two individuals: the 'social processes' in any interaction can and do affect 'success' in that interaction. I once had a lady who came to see me who said she had achieved little with another hypnotherapist because she had failed to forge a 'connection' (they didn't click). The 'protective part' of us is looking out for signs of danger and risk 24/7. Any small social faux pas etc. could wreck a successful hypnotic session. If you lack social skills you'll be a crap hypnotist. Learning 'rapport' skills etc. won't help you! The best way to lower anyone's guard is to be nice!

There is no single pattern of the 'highly hypnotisable' person.

Boffins/nerds etc. have found no single set of factors that they can pinpoint as indicating a 'highly hypnotisable profile'. This is as dumb a Don Quixote quest as trying to profile all great opera singers or classical composers etc. The underlying 'robotisation' presuppositions of modern psychology do really need to disappear up their own unsightly and unrealisable asshole. Although the system tries to fit people into a predetermined standardised mould, they have a refreshing tendency to be completely bloody different! Thank goodness.

Hypnosis as 'role enactment' and other rubbish.

To get to the point, some pseudo-intellectual with nothing better to do called Sarber, springs from nowhere in the mid 1980's and starts declaiming that hypnosis is just a subject trying to 'please' the authority figure hypnotist. He claimed that the ability to relax deeply and visualise were

indistinguishable from ‘trance’. Essentially ‘playing along’ = hypnosis. This is utter garbage and anyone who has been professionally hypnotised KNOWS the difference experientially. Feats of strength and imperviousness to pain do not require any hypnosis and quite ordinary psychological processes can explain them, such as a massive adrenaline surge etc. We need not therefore conclude that hypnotic pain control is not real, as anyone who has helped someone who has been seriously injured in a car accident using hypnosis knows. Again we see the same refusal to admit that a unique state known as or labelled hypnosis exists at all. This is much the same as those scientists who claimed that Vesuvius hadn’t covered Pompeii and Herculaneum until an Italian farmer dug a well and discovered the latter underground city by accident.

Neuroscience has essentially proven conclusively what successful hypnotic subjects and hypnotists have known from observation and experience all along. We will talk of that later. This socio-cognitive approach, as we have already seen, overplays its hand; it does not mean all its discoveries are wrong. Look, the best explanation is the old fable of the blindfolded men feeling the elephant: if you feel its trunk you think one thing, its foot another and on and on. A part is not the whole. Egotistical persons desperately vying for Government and corporate funding for their research projects are not the best exemplars of ‘objectivity’.

What ‘roles’ do hypnotic subjects allegedly play?

Socio-cognitive myths, like all legends are based on 3 tottering pillars:

- **Hypnosis is just a person playing a culturally defined role that is ‘expected.’ No unique psycho-biological state of ‘trance’ exists.** Wrong. Neuroscience has proven that distinct biological changes do occur in the brains of hypnotised subjects.
- **Hypnotic subjects consciously and willingly adapt behaviour to ‘please’ the hypnotist’s demands.** Again incorrect. Hypnotised individual often try to consciously resist complying with even entirely ordinary suggestions and fail. Often the subject does not see the hypnotist as any kind of respectable authority at all – yet still they heal etc.

- **All hypnotic phenomena is explainable through mundane psychological processes that exist outside of trance.** Taken in pieces all hypnotic behaviour does occur occasionally in waking states but not in totality. You don't have to be hypnotised to daydream or recall a pleasant memory. You don't need hypnosis to know that your ass itches. You don't need hypnosis to follow some types of suggestions: consider the army and soldiers BUT curing someone of trauma using hypnosis is something I would like to see any sergeant major try!

SCP claims that there are two defining qualities of hypnosis:

1. **Belief that hypnosis as a unique state exists in the hypnotic subject.** Wrong with bells on! Before I hypnotised between 70-80% of my clients in hypnotherapy they did not know that 'hypnosis' was a real experience they were capable of producing without my help. About 60%, if not more, did not even believe it existed until I whacked them into it so as to render that fantasy inoperable.
2. **A 'ritual' must take place that fulfils this belief.** This is true only if the person is very stupid, gullible or has seen a hypnotic procedure of some kind and believes wholeheartedly that that process must be repeated with them in order for success to occur. But this is only the case with those with rather low I.Qs. More intelligent clients (after a little explaining) understand the general principles of hypnosis and are flexible enough to adapt to a wide variety of inductions, some of which they are or had been wholly unaware of. I can and have hypnotised many people conversationally without them having a clue that I had put them under. Merely having a 'hawk gaze' will induce waking hypnosis as you will see later on. However, as I fully outlined in books 4, 'Forbidden hypnotic secrets', and 6, 'Casting hypnotic spells', hypnotists do successfully utilise clients' existing beliefs of ANY kind about anything at all to create a hypnotic state. What NLP calls 'pacing'.

My own opinion of such 'theorists' is that they are brainwashed through educational processes; idiots, lacking in experience of inducing real hypnosis as opposed to 'relaxotherapy' or being *deliberately*

misleading so that the general public cannot see the hypnosis going on all around them daily.

Hypnotic 'role enactment' in experience.

What follows is graphic proof of the wilful delusion and the idiocy of scientists. SCPers claim that the process that I outline below is really what happens in hypnosis. Oh by the way their 'model' is labelled – ESC: *expectation, strategy, compliance...*

- The hypnotee 'works out' what is expected of them.
- The client 'finds' 'normal psychological processes' and uses these to fulfil the role he or she has presumably deduced they must 'play'.
- If this 'strategy' fails you just fake it!

Oh dear f**king God! It gets worse. A specific-ish example is given as to what compliant little social automatons do in hypnosis.

1. Listen to the hypnotist's voice. (Genius!)
2. Follow the instructions given. (O-k. I mean seriously...)
3. 'Relax' if appropriate. (Except sometimes they don't. We'll just ignore that nugget.)
4. Close their eyes. (After relaxing? Interesting, not my experience EVER but we will soldier on! Tally ho!!!)
5. 'Imagine they are going to sleep'. (Well I can do that. No. Nothing happened. Sh*t! Maybe this idea is total moronic bullsh*t!?)
6. If told to experience arm levitation just 'imagine' this is happening. (Go on try it now. No. Sh*t all happened to me either!) SCPers explain it this way, 'Well when his arm lifted he merely 'distracted' himself (how specifically??!) and that's why his arm seemed to lift by itself.' Where is my dunce hat?
7. 'Think along' with the suggestion. (What does that even mean?)

8. Pain control is just grinning and bearing it or our old friend ‘distraction’.
9. Passing hypnotic tests is just ‘following instructions’ or ‘obeying’.
(Then why have I stuck a woman’s hand to my sofa and she couldn’t move it off when I gave her the *choice* to experience this?!! I used a *permissive* hand stick script – see ‘Powerful hypnosis’ my third book, now available in paperback!)
10. Hallucination is just visualisation. (Er, no it’s not.)

Overloading the central executive function (CEF)?

Back to our old friend the central executive function aka Supervisory Attentional System (new plausible sounding example of ‘places in the mind’!). Let’s recap so you are sick of hearing of it. Another name for the executive control, functions is the CEF – central executive function = processes attention and memory function, planning, decision making, correcting mistakes etc., helps when learning new things (not habituated and therefore unconscious), involved in suppression of old habitual patterns and temptation resistance. ***NOTE: It is a limited capacity system and can therefore be? Overloaded!*** We will discuss this more when we get to so-called ‘information disease’. The ‘slave systems’ which I brought up in book 4, ‘Forbidden hypnotic secrets’, are all the unconscious ones – these can ‘multitask’ (do lots of things at once – scratch your ass, pat your head kind of stuff?). If the CEF is given just two tasks at once it should ‘underperform’. In practise does it? Studies have confirmed that this is so. **The CEF/ECF likes to focus on one thing at a time.**

Before we progress what is the ‘slave system’?

The slave system.

In the 1970’s researchers Badley and Hitch proposed a ‘slave system’ which was controlled/regulated/modified by the ECF. It had three parts (why always 3!!!?)...

- **The ‘Phonological loop’.** This has two parts: 1. **The phonological store.** Aka – short term linguistic memory that rapidly decays unless

you use...2. **Articulatory rehearsal**. Aka ‘sub vocalisation’; talking to yourself in your head. Doing this repeatedly allows you to keep a word etc. in mind. These are conscious mind functions. *Note: any visual stimulus is coded into the phonological loop by describing it.* Hypnosis uses words to evoke images!

- **The ‘Visuo-spatial sketchpad’**. A right hemisphere function (thus linked to hypnosis). The sketchpad holds visual info. Like a storage bank of pictures, shapes, colours etc. It is involved in creating inner maps – i.e. location, navigation through 3D space etc. It is involved in planning to move through a location (our bearings) and possibly our sense of touch (kinaesthetic). It may have 3 parts (!!!) visual/spatial/kinaesthetic. Someone called Logie has guessed it has two more bits: 1. **The visual cache**: form and colour data storage. 2. **The inner scribe**: spatial and movement data storage. Spatial objects involve mainly right brain activity and visual more left. Is this why inner films/movies and real ones are more hypnotic? *Visual and spatial tasks are easier to process than two visual tasks at once or two spatial.*
- **The ‘Episodic buffer’**. This is linked to long term memory. It is accessed by storytelling and movies!!! Both hypnotic. It integrates all info from the above two functions as one codified chronological whole in the form of inner stories or movies.

Note: there is neuroscience evidence that supports this model.

Does the hypnotist become the executive function of the hypnotee?!

Recent developments in the socio-cognitive approach have become more interesting yet hardly conclusive. The theorists in this group have a pathological fear/aversion to the idea of an ‘unconscious’ mind at all. But they rightly state that you can load up or suppress/inhibit the central executive function – say by getting someone to focus on your words, their breathing etc. However the SCPer then go on to say that by doing this the ECF/CEF is ‘dissociated’ and the hypnotee perceives conscious acts as unconscious. Good grief! Let’s press on - having agreed to the hypnotic process, that is the hypnotee having ‘hypnotic intent’ they then cede control of the ECF to the hypnotist; essentially the hypnotist takes control of the

person's frontal lobes and mimicking their function, takes 'control'. An analogy would be off-road racing drivers who have navigators to guide their actions. Although there is some truth in this approach it falls short of the truth due to the belief bias of the researchers as you will soon see. They are right in suggesting that there are non-executive automatic functions – what I call 'other than conscious' processes. However in authoritarian hypnosis, cultural or otherwise the 'hypnotist' does take control of the other's mind.

Dissociative abilities and abuse.

More compelling and valid are experiments from the mid 1990's which showed that subjects who were abused physically/emotionally etc. as children ranked high on hypnotisability. SCPers religiously sticking to their model claimed that this was due to their 'desire' to engage in 'approval/attention' seeking behaviour (????) This is only partially true; often the opposite is true with abuse victims - often such people are rebels without a cause actually!). Physical abuse often leads the child to dissociate from the experience to escape the immediate physical/emotional trauma – at its extreme this leads to the development of MPD (multiple personality)/DID (Dissociative Identity Disorder). **Trauma-based dissociative abilities and hypnosis are linked.**

Compliance myths.

SCPers basically say that all hypnosis is obedience to authority. Although I have trashed this joke of an idea there is further proof of its rambling nature in a 1987 study whereby subjects were given a post hypnotic command to cough when they heard the word 'psychology'. When tested in a lab by the original hypnotists - all subjects coughed. When tested at random, outside of a lab environment by persons who had not originally hypnotised them only 50% coughed on cue (some of these were deliberate fakers). Hypnotic rapport it seems is more important than compliance; although it can indeed play a role for some in some situations. You might wonder how many of the 'compliers' were highly unthinking and obedient to authority outside of a formal hypnotic context?

Hypnosis as an excuse to be rude to your betters?

As ‘proof’ of the faking abilities of hypnotees SCPers claim that the case of the Marquis De Puysegur’s patient and peasant Victor (the case is covered more fully in my 4th book) is a prime example. Basically, when hypnotised, Victor was very relaxed and familiar under hypnosis in his conversations with the Marquis as opposed to when he was playing his usual low status, humble peasant role in his ‘normal’ deferential waking-self-identity. But if someone is relaxed through drinking - quite the same thing may occur! It was the hypnotic relaxation that accounts for this change and the rapport between the two. Observer bias or should I say negative or positive hallucinations account for more ‘discoveries’ in ‘science’ than many want to admit. Scientists are essentially ivory tower weirdoes, much like cloistered medieval monks (since the Middle Ages the higher sciences have frankly detested women) discussing how many angels could fit on a pin head! The dissociation is theirs: from the real world.

Neuropsychology and the SCP approach.

Multiple studies on people’s brains have proved no consistent, repeatedly identifiable ‘brain patterns’ for hypnosis. Both left and right hemispheres are involved in hypnosis and tasks performed within that state. This is unsurprising as everyone is different.

Hypnosis and P300?

The brain ‘event’ known as P300 is split into two categories 3a and 3b and is related to our decision making processes. It is essentially a brain wave (250-500 milliseconds - ‘MS’ - when recorded by EEG) that ‘surfaces’ around the **parietal lobe*** area (roughly the crown of the head) of the brain when we are faced with making choices. Our expectancy of that choice affects how we react to it. Is it novel and unexpected or are we prepared?

(* See diagram no 2.)

Diagram 2: The parietal lobe.

Parietal Lobe



'3a': linked to attention, orientation in 3D space (the environment) and novelty.

'3b': improbable or unexpected events and linked to learning new information and retaining it aka – info overload.

In hypnotic subjects who were visualising, both suppression of the P300 function and its enhancement have been reported. So no luck there then! Or maybe not. When subjects were told specifically to visualise to 'stop receiving' incoming visual input their P300 activity was dampened. When given a vague instruction 'obliterate the input' but with no specific examples/directions/instructions of how to do so the P300 activity went up

as the subjects focused on the input! This is the, ‘Don’t think of a pink elephant!’ principle in action – see book 2, ‘Mastering hypnotic language’. So it seems when given proper instructions our potential to make decisions normally, that is through our usual waking mentation/processes is affected by hypnosis.

The parietal lobe integrates all our senses and our sense of touch stems from this point. The somatosensory cortex is found hereabouts and is of importance in hypnosis. In this region an entire ‘body map’ (known as the ‘homunculus’ – Latin: ‘Little Man’) is stored.

Note: novelty, the unexpected (pattern interrupts), overload of information, following instructions whilst distracted, the hypnotist becoming the temporary ‘will’ of the hypnotee are all things that even the bog standard hypnotist is well aware of and they have a physiological basis.

Hypnosis and will.

The same part of the brain that is involved in consciously willed actions is ‘involved’ (lights up) during hypnosis and when we are awake. **But when we follow instructions, studies have shown that the part of our brain that is involved in executive functions (the left frontal lobe) shows less activity.** Not having to plan and prepare it ‘shuts down’ - is dampened. Hypnotic inductions are not required to activate this state – simply concentrating and passively following instructions, say while looking at a computer screen, suppresses conscious mind activity! When subjects were given a finger tapping task and at the same time told to concentrate on computer instructions (overloading consciousness/executive function) they became hyper-suggestible robots! This will interest us when we examine so-called ‘transhumanism’ perhaps?! Once the passive ‘relaxation’ phase of the formal hypnotic induction is complete and the subject is given tasks to complete, the relative passivity of the frontal lobes is replaced once more by activity (this is no surprise to me; I speak almost ‘normally’ once I am starting my change work: it is a very active state for a client). **In the hypnotic state any incoming data or stimulus can be reframed.** Pain can be

experienced as worse or even pleasurable according to the suggestions given.

Hypnosis and acting abilities.

There is much evidence that high hypnotisables make better actors (stage/TV etc.) than 'lows'. They enjoy playacting and fantasy play, make believe games with other people for fun, such as pretending to be someone they aren't. It seems to me they are so naturally creative that 'socio-reality' (the social system as currently constructed) is often boring for them and so they will take any opportunity to express their much underused and powerful imagination. Think of the Disney cartoon 'Frozen' song, 'Let it go!' Highly talented artists (not the hacks) in all fields are highly hypnotisable. They enjoy their unconscious resources, and have a great deal of interplay and control over them. Some become highly successful, financially and otherwise as a result. However most of these people's potential talent is simply wasted.

Childhood traits that influence hypnotisability.

From about 2 years (if not earlier) onward, children's obvious capacity for playful involvement (absorption) in imaginative behaviour and fantasy becomes apparent. This capacity only increases into late childhood in most normally reared children. Instances of such behaviour are:

- Daydreaming. Essential to their health and well-being. Helps them process ongoing sensory input etc.
- Talking with and between dolls, actions figures etc. Natural gender based preferences are inborn/genetic and obvious unless the child is subject to programming, then these instincts can be corrupted to suit the desires of parents or a dominant minority, as **the drives expressions are malleable. Almost infinitely so in fact.**
- Drawing and painting which is rightly encouraged in kindergarten/playschool etc.
- Storytelling by themselves and absorption in being read to etc.

- Imaginative play in general – pretending to be something else etc. Boys prefer heroes and monsters and girls prefer mummy and daddy and baby (or teenager) games. Frankfurt school Marxist indoctrination in schools has led to vile experiments in which female teachers forbid boys to play heroes. This led to the boys becoming listless and depressed. So much so that they wandered the playground in fugue states like zombies unable to function. To their credit, once the brainwashed teachers saw the damage they had inflicted on the boys, they permitted them to act according to their natures again: how fucking generous of them. Interestingly girls who do not see enough of their mothers due to work absence often fail to bond with their dolls. Chilling! There is much child hatred in this world. It is quite acceptable to be cruel to children, young boys especially. Socially acceptable Misandrist (man hatred) is rampant and reaching cult-like proportions as I write in the ‘West’. Mark my words: the consequences will be catastrophic for the social fabric in years to come.
- Dancing to music, singing etc.

When children are encouraged to develop naturally and express their creativity by parents etc. they are capable of fantasy play at will and involvement in it as if it was real – ‘believed in imaginings’ so essential to hypnotic talent. Some researchers have called this ability ‘fantasy prone’, which in typical psychiatric parlance implies there is something ‘neurotic’ about it. There most certainly is not: it is in fact essential for good mental health and creative problem solving abilities and adaptability in adulthood – **one of the reasons people seek therapy is because this creative ability is weakened.**

Imagination, fantasy and ‘hypnotisability’: is there a link?

Children are often engaging in various levels of information processing throughout the day. Sometimes they are deeply engrossed in play (and yet nonetheless completely in touch with reality – the difference is well known to them; children have a far stronger ‘reality orientation’ than most warped adults) or engaged in full awareness of day to day but joyfully essential social realities. What is the function of imaginative play?

- **The practising of adult roles.** They help us adapt to social realities. We 'try on' adult roles etc. Boys feel a strong need to be involved in what they see as heroic roles. This is why superheroes throughout history have appealed to them as role models. They stand for 'good power' and stand 'for something'. Girls will practise their wit, charm, intelligence and guile. Marriage and dating roles, sifting for qualities in males are played out and the perennial importance of constantly changing and shifting social alliances are rehearsed (as in the 'you're not my friend' game). Girls are innocently practising their wedding day from about age 3 onwards – at the latest! Tom Boys aside, much alteration of traditional gender roles is brought about by 1. Economic reality – both parents must work; this is designed to be so. 2. Gnostic-Marxist anti-natural ideology which seeks to recreate reality in its own image. 3. Gender-bending plastics and chemicals which can lead to small penis size in men, small breasts and narrow hips and masculine, aggressive behaviour in females. BPA (Bisphenol A) being the most infamous but far from alone.
- **The 'sublimated' expression of instinctual drives.** Socially (parental) disapproved actions can be expressed covertly through play. Beating up your cushion etc. Really a form of tension release as opposed to any psychoanalytical bullshit.
- **Piaget's theory of 'accommodation' and 'assimilation'.** 1. *Accommodation* (adaptability) is essentially copying adults and so better navigating material space and the manipulation of objects in it. 2. *Assimilation* is storage and retrieval of these accommodation learnings.

At one level 'fantasy' acts as a way for children to integrate what they have learned about the adult social realities around them, as can be observed by children who play teacher after attending school etc. Revealingly it is a good way to discover how the teacher treats the pupils!

As children age and reach late childhood they tend to act out their fantasy life less and less and internalise it, almost solely in the form of daydreams. **Feelings, conflicts and experiences can be safely expressed, examined,**

learnt from and assimilated or rejected covertly within the imagination of the child – self-directed trance! By the early to late teens, social realities (school and the impending drudgery of work) focus the young child-adult on goal directed ‘rational’ (adaptational) realities. This is falsely called ‘maturation’ but is in fact the early beginnings of the death of the soul. It is brought about through social realities: those children who value their creativity and feel most alive in its expression must seek pathways to sanity and do, through involvement in acting, playing instruments, joining bands etc. Any success in such careers in adult life leads to a great deal of social prestige. Corporate state ideologies and social realities make this essential human expression of creativity almost impossible unless the child becomes a narcissist sell-out or a tremendously driven, determined, self-directed and independent individual. These latter creatures are almost as rare as Dodos! Basically at some point for most people - economic realities kick in. Work or starve! In most persons of either gender, formal hypnotisability has been shown to decline with the onset of puberty. Hereafter the TV takes over in inducing altered states.

Stories alone are highly indirect forms of hypnotic induction via metaphor and symbol. These can be used to hypnotise both children and adults without any conscious awareness that this is in fact occurring – absorption and social meaning formations occur as soon as the child is old enough to understand words.

Factors in hypnotisability in children.

- **Unquestioned acceptance of an adult authority figure.**
- **Intense ability to focus.** Children are often highly absorbed and curious about the amazing material world round them. This is why it can take half an hour to just get 10 feet down the road – the tiniest new reality fascinates them. These are all the wondrous things that our jaded adult self takes for granted. Children appreciate the beauty of ‘Creation’.
- **Emotional desire and openness for new and exciting experiences.**
- **Ability to experience intense feelings.**

- **Simplicity, innocence of thinking styles.**
- **Daydreaming abilities.**
- **Ability to engage in fantasy while awake.** (Most adults possess this ability as you will see in this book.)
- **Desire for ‘Mastery’:** everyone with children in their lives knows that children love to be independent and being able to master tasks. They feel a great sense of joy and pride in learning new things and reaching levels of competency and mastery in them – this is derived from their urge to ‘mature and grown up drive’. Hypnotists working with children often use this reality to sell hypnosis to them, ‘Would you like to know how to turn off pain/warm that hand whenever you want?’ What child wouldn’t say yes?

Women are highly hypnotisable for altogether different reasons, having to do with a higher vulnerability to conform socially and so ‘fit in’ and ‘please others’: group hypnosis. A woman without friends is a rare and pained soul. This is all well-known and understood. They process linguistic information through both brain hemispheres simultaneously: logic and emotion are not separate but interacting between one another as fMRI scans show. Women are by nature more emotional than men; emotions can be flipped into hypnosis without much effort. Their maternal instincts can be warped. The psychology of women goes inward in layers, not outward penetratively as with men. Men tend to process information on one side or the other of the brain depending upon the stimulus. You can trick men into hypnosis, high suggestibility by appealing to their natural drives and warping them, mainly through mis/disinformation. These assertions will be proven through neuroscience and through a plethora of historical and contemporary social realities as this book progresses. The brainwashed should keep their ignorant mouths’ shut until they know what they are talking about from study and experience. No one more bold than the stupid – and there are plenty of them about. **You are all easily manipulated because you have been deliberately trained to be ignorant of your own nature so you may be better exploited by dominant minorities.**

One of the ways you can tell if someone is brainwashed is this – ask yourself: do they make weird assumptions? Are they feeling not thinking? Do they ask themselves, ‘Does it feel good?’ If you were thinking, man or woman - all the manipulation in the world would fail to impact you, no matter what ‘vulnerabilities’ or ‘weak spots’ you have. Compassion is one thing; it must be tempered by rationality too. Consensus means ‘to feel’ about something, not to think.

‘Hypnotic ability’ in children as measured by all the stupid tests pulled from stage hypnosis by no-life ivory tower ‘academics’ has stubbornly proven a chimeric mirage. Double-think in such circles from the socio-cognitive delusion has failed to explain why children can benefit from hypnotherapy since they have not learnt any ‘schemas’ or ‘strategies’ which appear hypnotic etc. A failure to maintain high hypnotisability in adolescence may well be explained by the natural and healthy rebellion of such an age group, warped though its expression usually is, through cultural hypnosis as we shall see. They often don’t respond well to ‘authority figures’.

Genetic studies in high hypnotic traits found that there was a link via the mother’s germ line but not the fathers. That is, mothers who were more susceptible to hypnosis were more likely to pass this trait on to daughters. Hypnotisability is linked to high intelligence, powerful intuition, the capacity to self-heal and creativity; so per se should not be seen as a bad thing: unless you are a brainwashed Frankfurt school Marxist who can’t think for themselves. Fathers and sons also seemed to share such traits to a lesser extent as did identical twins.

Non-verbal communication in childhood as a predictive factor.

What is childhood non-verbal behaviour? How does it manifest itself?

- The ability of children to carry out non-verbal exchanges with others.
- The desire and need to be with others.
- The desire and need to be influenced by others.

Adults set the parameters of the exchange and influence the child's very experiences themselves. Adult child patterns of non-verbal behaviour are mirrored by the hypnotist and are as follows:

1. The adult/hypnotist establishes the situational 'agenda'.
2. Perceptions and responses are directionalised (that which is focused upon as having significance) by the adult/hypnotist.
3. As in communication with pre-verbal children – **eye gaze, voice tonality, pacing and rhythm, body posture/language influence the child's behaviour and *interpretation of reality* and what is acceptable in a given 'reality'**. This however fails to explain purely linguistic methods of hypnosis which are really adult functions. But there is, I feel, a slither of validity in this angle. Pre-verbal, instinctive and unconscious patterns of childhood mentation are exploited in hypnosis. And all hypnosis has 'age regressive' elements to it.
4. As children mature emotionally more complex emotions develop – guilt, shame, embarrassment, pride and positive appraisal needs, consistency needs (done away with in cults and abuse), play, comprehension of indirect communication (voice tone contradicting words, winking, paradoxical intention etc.), behaviour dissociation from usual intentions (gentle bites, rough play etc.) do in some ways mimic hypnotic phenomena. But all this tells us is that 'hypnosis' or what we call hypnosis is just a natural form of communication in humans. Many ordinary social situations involve hypnosis – talking in an absorbed fashion with friends etc.
5. The ability of children to form strong attachments (bonding) and natural temperament will also affect all their communications and interactions throughout life: formal hypnosis included. Trust is essential for healing hypnosis but not manipulative or covert forms.

Mythologies of the supposed uncritical nature of early childhood.

Again and again we hear from various quacks that children are some sort of blank slate without 'cognitive schemas' (???! What The Flip!?) until about 11 or 12. In a word: bullshit! All the children I have known had greater

critical capacities than adults, who were all well and truly programmed. Although the old Jesuit formula, 'Give me the child I'll show you the man,' rings true this is precisely because children have such powerful analytical minds, and the powers that be seek to stamp out such freedom of thought fast. Neither is being raised in a religious family an indicator of a lack of 'freedom of thought' or critical abilities; some of the sharpest and most critical minds I have ever come across were religious, though admittedly not all. The religion of 'Atheism' and its weird anti-Pope, the British aristocrat Richard Dawkins will be revealed in this book.

Is there such a thing as a 'fantasy prone individual'?

The boffins tell us that such a creature as a 'fantasy prone individual exists' (that's the understatement of the millennia, the question is who *isn't* fantasy prone!); how might we spot this elusive beast? How does it identify itself?

- In true socialist form, where only environmental conditioning operates, we can expect to hear the mantra (for that is what it is) that a child must be 'encouraged' by a 'significant adult' to fantasise. Creative abilities are primarily genetic and hereditary; a great talent is born not made.
- The lone child hypothesis: the child left on its own. The only child fantasises as an 'escape' from loneliness. There is some truth to this but who hasn't played in an absorbed fashion on their own as a child? Many successful 'creatives' received little praise for their talents as children yet the talent does not vanish. Most healthy families encourage play in children: it's adorable! Are researchers just finding what they expect? If I ask, 'Were you lonely as a child?' and they say yes (again who wasn't even for 5 minutes), I am then able to tick a box and confirm my programming/delusion. Scientists are not dispassionate: science is politicised and reflects its age more than it admits which is why it's always changing. Scientists who received degrees in the mid-19th century would be regarded as witch doctors today.

- Note: women interviewed who had been abused, experienced a parent with a severe mental illness or experienced desertion/neglect admitted being more prone to ‘dissociative capacities’. As I have said elsewhere, dissociative capacities as an escape mechanism are related to hypnosis but have more in common with shock responses linked to severe and ongoing trauma, at worst leading to MPD. High intelligence and creativity are required for extreme, true dissociation to occur. As in MPD this can be so extreme as to cause the mind’s core to splinter into a great number of alters. Such people, like cult members, are in almost permanent altered states; their problem is not experiencing hypnosis but getting out of it!

A 1987 study by Rhue and Lynn sought to test this sh*t out! What did they find? There was indeed a link to dissociative capacities and abuse.

1. ‘Fantasy prones’ were more likely to **remember** severe forms of physical punishment. In other words PTSD symptoms – flash backs etc.
2. Higher capacity to seek refuge in the imagination to escape physical pain.
3. They did not know why they were punished so severely unlike those from less violent and normal backgrounds. A failure to interpret causation and avoid future punishment: as in cults.
4. Having revenge fantasise toward the abuser. (Quite normal!)
5. They were very kind to their own children.
6. They enjoyed playing alone, had less friends, were more lonely and enjoyed their imaginative involvement. Hardly surprising Sherlock! So?
7. Socially unacceptable impulses could be discharged imaginatively more easily in such people.
8. They were encouraged to read as children but not to fantasise – this leads us to conclude they often came from higher level socio-economic

strata where more psychopathy often lurks. In fact the higher you go, the more psychos you meet.

We can conclude that abuse AND an environment in which fantasy is accepted as a part of healthy childhood both may play some role in some hyper-responsives. Although this is far from 100 % conclusive.

Hypnotherapy with children can achieve amazing results, boffins often want strict technique breakdowns of, 'what exactly happened': barring visual and auditory recording this just ain't gonna happen. Therapy is an art, the subtle nuances of communication are often not even known, consciously, to the therapist. It is the results that count. Just because a scientist didn't witness something doesn't mean it didn't happen. We are all quite capable of reality testing our own experiences without the 'autistic spectrum' types' overview thanks awfully.

Despite media inspired fears, many children would be better off in the hands of a capable hypnotist/therapist than being drugged to the eyeballs for mild traumas such as phobias and more serious complaints too. The amount of US and UK children on 'Ritalin' (Speed!) and SRIs* (Serotonin Reuptake Inhibitors) is a disgrace that can but not always permanently affect height, brain size and intellectual potential adversely.

The capacity to use unconscious creative potentials to heal is, that we know, unique to man and when used properly and responsibly 'side-effect' free with nothing to fear at all.

(*SRI drugs have been linked to almost all mass shootings in the US in recent years yet no one considers banning them do they!)

Are there brain chemicals, physiologies and genes linked to hypnotic ability?

In this field of study, researchers claim they must draw two distinctions which I label:

Social/everyday suggestibility: this does not require formal hypnosis and is based on expectation, perceived role and status, social context and

situational/environmental cues. These can occur in many differing ways and places.

Genuine hypnotic response: this is a response so at variance with normal patterns of everyday suggestions that behavioural responses and changes which occur are impossible in other social contexts other than a formal hypnotic procedure.

The first category may be experienced by all, the second by the high hypnotisables only. This is garbage: the theory is based on a weak foundation that says hypnosis occurs when stage hypnosis tricks of varying degrees are successfully carried out. Wrong – using symbology change work I have cured trauma from rape, child abuse and other problems etc. The persons involved I assisted had average hypnotic ability and responsivity. I am sure the concept of ‘high hypnotisables’ was invented, probably as a post rationalisation of some incompetent academic pseudo hypnotist failing to elicit stage hypnosis like hypnotic responses and then blaming the hypnotee/subject for the boffin’s failure. However this doesn’t mean hypnotic talent doesn’t exist. Again: **Genuine hypnotic responses occur when a client’s unconscious mind wants them to!**

Genetics studies in twins have shown that hypnotic talent is genetic and the talent is stable over a lifetime.

Is COMT responsible for hypnotic ability?

First off you are thinking – what is COMT? Glad you asked.

COMT – Catechol 0-Methyl-transferase. A genotype produced enzyme/protein involved in prefrontal executive function, working memory, dopaminergic and noradrenergic metabolism. So what the f*%k does that mean? Basically COMT is involved in ‘conscious mind functions’ and the ability to break down various stress chemicals and so **calm down after stress**. Dopamine and noradrenaline being produced during fight or flight.

There are three types of COMT:

1. **COMT Val/Val.** Val = Valine, an amino acid. The low hypnotisables. This breaks down dopamine fast. 4 times faster than the Met variant

below. Note: dopamine is involved in decision making and inhibition; it is the brain's own reward system/operant conditioning system. It is involved in impulsivity, physical activity and trains the individual to respond similarly to the same event/situation. Cocaine etc. releases more of it and increases activity/alertness levels. Executive functions can also be impaired when high or low levels of monoamine oxidase (MOA – a type of protein involved in neurotransmitter modulation) are released.

2. **COMT Val/Met.** Met = Methionine, an amino acid. Variants were the high hypnotisables. In the met variant, more methionine is expressed and the dopamine mop up is inhibited by up to 40%. Executive functions such as set shifting, response inhibition, abstract thought, rule acquisition and task structure are affected by its release. The met variant, by 'producing a lot of dopamine' can inhibit various executive function activities. So in other words: it can dampen executive function and make you a bit high! Does this mean that hyper-responsives respond so well, because it feels so good to be hypnotised?! The answer is probably. Studies in women but not men confirmed that the Val/Met people had higher hypnotic ability. Again tending to confirm women's increased predisposition to hypnotic states.
3. **COMT Met/Met.** This was not mentioned in my research. All above data is derived from a year 2000 Israeli study.

COMT seems to be involved in attentional networks/controls function. What are these? Clubs for attention seekers? Unsurprisingly no. Attentional controls are basically an individual's capacity to choose what they **pay attention to and what they ignore**. Aka - endogenous attention or executive attention. **Attentional control can be described as an individual's ability to concentrate.** These are modulated by the frontal areas of the brain including the anterior cingulate cortex (a highly complex/multi-functional part of the brain of which you will hear a *great deal* more later; bear with me), attentional control functions are thought to be involved in several other executive functions, such as short term memory etc.

The attentional networks/controls have 3 main functions:

- **Alertness**: involved in maintaining awareness on an ongoing basis (wakefulness, focus etc.). ‘Alertness’ to what it is directed to as being ‘important’, ‘significant’.
- **Orientation**: involved in information/awareness and integration of information from sensory input. Including the vestibular system – sense of balance, gravity, falling etc.
- **Executive control**: involved in resolving conflict. That is, in part, complex language skills to resolve ambiguity, conflicting information and incompatible views etc. This leads to adjustment of behaviours, attitudes etc. as a response. Known as ‘conflict monitoring’.

Val/mets seem to have a **higher capacity to control where they direct and sustain their attention** seemingly confirming the absorption model of hypnosis I suggested in my first book; and not only that, they *like* doing it!

Left handedness, genes and hypnotisability?

There is some evidence from studies that left handers are harder to hypnotise but this may just be due to the reversal of usual processes seen in right handers. Adjust languaging etc. accordingly? However it must be stated despite all the above research, and research is just that, it is not reality, it may at most only be intriguing; **genetics are influenced by environment**. If certain environmental triggers and cues are not present, the phenotype (physical expression of genes) may be completely altered: this subject is known as epigenetics. **Hypnosis may alter gene expression.**

Attentional abilities and hypnosis.

To put it simply and bluntly, for a whole variety of reasons some people can concentrate/focus/pay attention for prolonged periods of time and some can't. There is significant historical evidence that in the past, people in the West could sustain their attention for much longer than the general public can now. What proof is there of this? Debates in the US House of Congress in the mid to late 19th century could last up to 7 hours with only two Congressmen talking/speechifying. Can you imagine the buzzword, spin-

managed, four second sound bite Congressmen of today taking 3-4 hours to get their argument over unless they are filibustering? Me neither! In addition we know that audiences of all social classes in Elizabethan and Jacobean England could comfortably watch plays that might last up to five hours long! Think of Shakespeare's work.

Studies on time lag and consciousness have proven that any incoming stimulus is received 200 milliseconds (MS) after it has registered in the cortex unless it is an auditory stimulus which takes 8 MS to register. Does this mean it is easier to get people's attention through noise? This occurrence may be the source of *deja-vous*.

At a subconscious (roughly the subcortical structures) level the brain is processing massive amounts of data, some trigger inhibition or excitation outside of our awareness. The subconscious processes are at any given time deciding what you need to focus on consciously. We have broadly two types of attention:

Focused. Narrowing down attention to take in detail. Looking through a microscope etc.

Diffused. Scanning the whole environment etc. E.g. enjoying a view.

High hypnotisables have been found to have superior visual processing and detection capabilities, noticing visual stimulus that others don't. They are capable of **total attention** – this includes: perceptions, ideas, imagination and actions in 'alignment' at any one time. Such people tend to be highly determined and persistent over time despite setbacks. I would agree that all my best clients had this trait. They did not give up! Hyper-responsives seem better able to 'dampen down' conscious mind activity to access their unconscious resources. This will be covered in more detail in the section on the neuroscience of hypnosis. The exact abilities or mechanisms are still unknown.

Highs have better reaction times than their not so talented counterparts. In visual, spatial and decision making tests they far outscored the lows. However if distracted with two tasks or more, the highs could not concentrate or perform so well; they are easily overloaded. Attention and

dissatention (not paying attention to competing stimulus aka ignoring) takes effort. Highs have faster brains in general and more effectively process incoming information. Again high levels of dopamine (the brain chemical involved in drug addiction) and its substrates are indicated as increasing hypnotisability. Does this mean that people who take cocaine, watching porn etc. whilst on the 'drug' are more suggestible? We must answer in all likelihood yes. **Drug use increases impressionability and imprinting.**

Focused brain waves and hypnosis.

Are their distinguishing brain wave patterns as measured by EEG (electroencephalographs) that hyper-responsives possess? It seems the answer is yes. They produce more **theta** waves (3-7 HZ: drowsiness, idling, suppression of responses) in all tasks, waking or hypnotic. Theta is linked to superior attentional and absorptive capacities. Theta increases in all brain regions during hypnosis; especially so in the hyper-responsives. According to what hypnotic task is undertaken (pain control etc.), theta wave activities increase in the involved parts of the brain and switch according to need.

Theta is increased during non-focused meditation and in the right hemisphere of 'highs' when they become emotional. High **alpha** (associated with relaxation, reflecting, eye closure, inhibition control – think stage hypnosis!) and **beta** (calm, alertness, focused) waves have also been noted; also linked to superior attentional abilities. During any hypnotic process highs showed greater capacity through increased theta wave activity evidence to direct their attention to specific brain regions involved in the hypnotic tasks at hand. This is why I talk about the importance of **directionalisation** in hypnosis. In a way we don't need to know how all the brain functions work just that they do; at least at a practitioner level. This may also explain why highs may get into problem states – say depression (an inner focused 'misery' trance caused by stress), anxiety (watching scary movies in the mind's eye and reacting), drug addiction (post hypnotic trigger and hypnoidal state during drug taking) etc. **Their increased ability to focus under stress may lead them to focus on stress and pain states to a far greater degree than low hypnotisables.** Their ability to focus is a boon under happy conditions but may be hijacked when stress rears its ugly head. They may not be so easily able to shake off negative states as the lows?

Once directionalised the brain tends on a course until it is given good reason to do otherwise, i.e. via hypnotic suggestion. This is speculation on my part but not beyond the bounds of possibility. Again: the exact bio-psychological mechanics of hypnosis still thankfully have the neuroscientists baffled (that I am aware!). This is probably due to each 'school' of research into hypnosis being incapable of synthesising the research into a coherent whole due to their respective religious beliefs and prejudices in their hallucinated 'theories of mind'.

To sum up: hyper responsives seem to be genetically and experientially better able to dampen executive control (conscious mind activity), focus their attention effortlessly and access little understood limbic processes more efficiently (associated with motivation, emotion, learning, and memory; including the nucleus accumbens, the brain's pleasure centre, involved in sexual arousal and drug highs - pleasure responses are strongly altered by 'dopaminergic projections' - dopamine release!) allowing their greater hypnotic potential to manifest.

- **Focus.**
- **Memory.**
- **Learning.**
- **Emotion.**
- **Pleasure.**
- **Arousal.**

Stimulate these zones/abilities in anyone and you get a hypnotic response!

As outlined in all my books as important for successful hypnotic 'echoes' or feedback in anyone. Starting with Dr. Milton Erickson and leading into our generation of hypnotists, neuroscience, it seems, is merely confirming what skilled practitioners had been intuiting through practical experience for years.

Information processing and hypnosis.

The latest research into how our brains process information should be of some considerable interest to the hypnotist. There are 2 dominant approaches to cognitive theories of hypnosis etc. – **1. Dissociated control.** **2. Response set.** Both claim to explain the apparent automaticity/involuntary nature of hypnotic phenomena. Let's see if they really have anything to offer.

1. Is hypnosis just 'dissociative control' (DC)?

Theorists in this model suggest that all habits are controlled by competing unconscious structures called '**schema**' or '**scripts**'. This is similar to NLP's theory of 'strategies': neat little explicit packages of information (series of actions and thoughts/images/sounds etc.) that occur in a certain sequence. Unfortunately it's largely crap! However we do obviously have lots of potential behaviours we could engage in at any one time; DCers rightly say that these do not need any conscious attention to be triggered by various environmental 'cues' etc. Something called 'contention scheduling' decides what habits will and won't be used by initiating, inhibiting, regulating and consolidating possible response sets and potentials. There are **thought and action schemas**: the thought ones being the aristocracy of schemas and action, the proles the action (typical boffin bias). But when we engage in new activities another function of mind takes over. This DCers call the 'SAS'; no not the British special forces unit, some unspecified place in the mind called the 'Supervisory Attentional System'. If new situations arise the SAS can create new schemas in 8 or so seconds to allow a person to deal with it. It also **primes the mind** to undertake specific tasks beforehand – aka: **anticipation, expectation** (I use this approach to deepeners, as you'll know if you've read my other books). This is obviously the mechanism that top sportsman and generals use to 'psych out' an opponent before engaging in battle through 'prestige inflation' or 'prestige reality' if they really do outclass an opponent. More on this later. However if one is **shocked** by possible danger, the SAS can 'shut down' and lead to panic, freezing, 'irrational behaviour'. The fight or flight can have insufficient time to be activated and so we become 'dumbstruck' etc. This is the mechanism used to create 'instant inductions' in stage hypnosis. Basically the SAS is involved in **goal achievement**, specifically how we go about achieving

them. If the SAS goes haywire, even one's self-evaluation may be adversely affected. The cause of 'low self-worth' in clients from abusive backgrounds? The originators of this idea, Norman and Shallice, releasing their findings in the 1980's said that the SAS is what we commonly call 'the will'!!! It is however more complicated than that. The will does not generate new ideas – the creative unconscious does.

How does hypnosis exploit low 'level schemas'?

Through symbolic activation. The SAS (will) is knocked off-line or at least dampened through a 'hypnotic induction' – **the client/hypnotee is now reliant on any environmental input to activate behaviours! *Essentially the hypnotist becomes his or her will!*** (As a highly successful hypnotist I never take over someone's will or claim to do so!!!) Basically unlike other approaches which claim that a hypnotee is deliberately and consciously making things happen, this model more rightly says that the responses ARE involuntary and automatic. The environmental cues being the hypnotists words such as the word 'relax' which triggers a series of unconscious schema related to a chain of associations, memories and related schemas etc. connected to the cue 'relax.'

Critics rightly say that suggestion and increased suggestibility do not require a trance induction. This is correct but advanced hypnotherapy does. You cannot just suggest away PTSD or depression whilst someone is awake through prestige. **More complex healing mechanisms require altered states.** Also boffins do not take into account the prevalence of waking hypnosis amongst the general public who seem 'awake'.

2. Hypnosis as a response set (RC)?

The formula for a response set is:

'When x happens b will do y.'

('b' being the object/subject.)

This is known as an **implementation intention**. A good explanation is an athlete waiting at the start of a race for the gun going 'Bang!' or an official shouting 'Go!' Our intentions allow the unconscious to prepare a set of

environmentally appropriate behaviours. When the response occurs as expected we *perceive* them as voluntary, i.e. what we wanted to do etc. That is our **belief** (as appropriate) in the action sets the response in context. In hypnosis RC theorists claim that the same intention and x leads to y formula is still operating but leads to a response set called 'response expectancies' because it is again *perceived* as 'involuntary'. The hypnotee believes that once 'hypnotised' he will 'lose control' - it would be simply more honest to say that RCers believe the hypnotee to be temporarily suffering from 'expectancy delusion' - they are operating from their own formula: 'When hypnosis occurs (x) I will pretend it didn't! (y)'; *unfortunately that doesn't explain how I tell all my clients that they will be in full control throughout the hypnotic processes: in fact I emphasise they'll be gaining MORE control in hypnosis.* This is just the same old, same old 'hypnosis is not anything special' prejudice of certain boffins who refuse to accept 'altered state theories' and so invent interpretations that suit their delusions. Many of these boffins are in effect in cultic waking trances created by their University professors' conditionings. That's a fact. Most undergrads worship their professors as though Moses had spoken! THAT is cultural hypnosis!!!

Many authoritarian hypnotists fall into this trap: they state mistakenly that a hypnotee must follow 'instructions' which imply conscious processes, while a 'suggestion' implies automaticity and more importantly – CHOICE!

Studies from this theory base have shown that hypnotees need to be able to pay highly focused attention at a given task in hand to be successful. They have concluded that this 'proves' that consciousness is involved in hypnotic phenomena. I must focus to write this book but I am not writing consciously, the book is just happening. Some scientists are so f***ing stupid as to be beyond hope. Again they base all their assumptions on the good performance of stage hypnosis phenomena.

The hypnotic cognitive systems processing model.

The terms below are my own, as the original model is just so much waffle!

1. Analysis and association. Incoming data/sensory input is analysed and connected to similar experiences in the memory/association networks.

2. Sorting information for action. Data/input is categorised as fitting into existing beliefs/perceptions/habits etc. Existing generalisations are checked, possibly updated and what is to be focused on is selected in order to achieve various goals.

3. Habit activation. If appropriate automatic habits (schemas) are activated in response, based on previous experiences. RCers believe that for hypnotic responses to be 'real', attention, intention, control or awareness cannot be involved (this is their definition of 'involuntary'); in fact in subtle ways all are involved. This is rather like playing a game with a child who invents the rules as they go along!

4. Action control and comment. A mythological place in the mechanical mind which decides whether action will be taken in response to input, or whether certain responses will be inhibited. This place comments on its own actions: this we call 'self-awareness'. Listen to this view: Man is not a whole but a series of mechanical functions; this is how science views you!

5. Two level processing. In some convoluted and wholly unexplainable way some actions are seen as willed and some aren't. More complex tasks such a planning require higher level schemas and perhaps new ones. This leads to subjective awareness of what one is doing. But if low level habits are involved, this is perceived as happening outside of one's control - essentially because it's so easy and habitual. No I'm not convinced either. This rather pathetic 'theory' does not explain covert hypnosis, conversational hypnosis or brainwashing. Obviously multiple level processing is occurring in ALL human communication but exactly how is just not known. Again we see the religious repetition of the mantra 'There is no such thing as hypnosis, there is no such thing as hypnosis etc.!' In fact these boffins have hypnotised themselves that this is so!

Possible mechanisms behind suggestion.

Let us labour on and see if this model provides us with any specifics or anything that compares to dealing with real world hypnotherapy clients as

opposed to poorly performed stage hypnosis in University labs. The worst stage hypnotist in the world will be a boffin: no wonder they have such trouble, few of these types are even capable of modulating their voice, preferring an 'objective', emotionless Spock-esque style of revealing their high credentials and low competence. This must be why they are so stunned by so-called 'high-hypnotisables'; they are so bad at getting hypnotic phenomena due to various odd beliefs they have about its true nature and innate communication defects, that when someone does respond they are flabbergasted and try to invent plausible sounding gibberish to explain what they cannot understand! These people imagine that the conscious mind does everything. I have met these types in therapy. Very odd people. Anyway, let's check out the mechanics (yawn); it might have some validity!!?

Memory, information and experience...

All combine to influence how we interpret reality. In this model what we broadly call the subconscious is called the PAS (Primary Attentional System – 'intuitive, rapid, dynamic, selects ideas, interprets them: source of unwilled actions'). Suggestions can create a virtual reality experience that bypasses SAS mechanisms and through re-direction of attention reaches the PAS unmolested – these suggestions for reinterpretation of primary experience then feedback to awareness with the idea that the new perception is real – a hypnotic reality in other words. Suggestions are called 'rogue representations'. **When the mind is focused on some aspects of experience as opposed to others, 'parts' and 'processes' of mind may become dissociated from one another and seem to act autonomously/independently. Suggestions activate similar neural pathways 'as if' the suggested event was being experienced in reality.** Again the exact mechanisms are unspecified but there is probably a large slither of truth in this part of the model.

Entrenched habits require low level '**attentional thresholds**' – their activation doesn't take much as the behaviour is well encoded and freely and readily available, and so, merely awaits the right set of associations to be triggered to produce hypnotic/suggested responses.

Words and images are enough to trigger these low level suggested responses as *the idea of them alone* may stimulate associations of hypnotic responses, i.e. by just getting someone to imagine balloons attached to their arm, the neural networks that actually activate arm lift are stimulated. Much as mental rehearsal used by certain athletes has been shown to stimulate real muscles. Physical movements may also therefore be prevented/inhibited by suggestion alone as in ‘challenge tests’ favoured by Dr. George Estabrooks – see book 6, ‘Crafting hypnotic spells.’ The PAS mechanism is said to be responsible for our ‘creation of experience.’ **Once a habit of any kind is ‘installed’ it can be triggered almost automatically through various cues. Its potential expression lies just ‘below the surface’.** Suggestions are perceived as being externally sourced as opposed to normal waking conscious perceptions which are seen as internally generated. So what turns on the PAS mechanism so to speak?

- **Activation of the senses (or the internal representation of them. TV and radio activate senses – oops!).**
- **Activation of already existing associations.**
- **The activation of already existing goals.**
- **Occupy the SAS temporarily with novel activity/a task/strategy/process (of which there are many – see later section...) or dull habitual activity:** which allows it to ‘take a break’. Essentially the hypnotist becomes the SAS for a short duration: experience is then externally directed.
- **Focusing on voice/suggestions (I would add ANYTHING) to the exclusion of all else.**
- **Get someone to think about suggestions.***
- **Get someone to focus on imagery related to goal achievement of any kind.***

*Again the final two activate associational networks at the ‘unconscious’ level.

Why does hypnotic intent/context exist at all?

Hypnotic context exists as any person entering into a hypnotic communication willingly has a set of assumptions, biases, memories etc. of such things and these alone ‘fire off’ networks of associations that make hypnosis more likely. However this model collapses again when we deal with involuntary hypnosis, covert hypnosis and TV etc. This in, less fancy parlance, is the power of expectation/anticipation: if you have been led to believe that in hypnosis words such as ‘sleep’, ‘relaxation’ etc. have power then they do. There is truth in this but this does not explain ‘spontaneous hypnotic phenomena’ which is not suggested by the hypnotist at all.

Absorption in hypnosis.

Focused states such as TV watching, great sex, great conversation etc. produce ‘absorption states’. Even this model, forced by neuroscience to accept the reality of high absorption in hypnotic responses admits that ‘somehow’ suggestibility is ‘increased’ by focusing on one thing to the exclusion of everything else. Well this is true but trance states can also be created through massive overload or sensory bombardment where concentration on one thing is eventually impossible (see the section on cults)! Doh! Back to the drawing board.

The critical mind shut down.

‘This or that is or isn’t real!’ is one way our conscious mind (SAS) protects us from manipulation and in fact keeps us sane. The very inability to distinguish between reality and fantasy being a core part of being stark raving mad. This model also accepts that SAS/conscious ‘meta-cognitions’ such as ‘this is just my imagination’ etc. (internal commentary on ongoing experience – external/internal etc.) is derived from the general reality orientation. Hypnosis bypasses this by appealing almost instantly to primary mental processes as opposed to general reality ones. Giving direct or indirect suggestions to ‘switch off this mechanism’ greatly enhance suggestibility as we shall see. Focus by any means on:

- **Emotional...**
- **Imaginative...**

- ‘Interconnected factors...’ (‘Holistic’: mind-body-emotions- etc.)

Processes that allow the conscious mind to ‘let go’ or ‘go with the flow’ etc.

This is talking to the horse rather than the rider. This is well known by hucksters as lowly as politicians and other attendant sales people. Although there is a lot here sounding flowery and oh so smart we aren’t really learning much new. We are being given slightly different mechanical explanations which are very far from proven but that is about it. Again: this model does not even differentiate between hypnosis and trance! It thinks they are the same! No, no, no. This model does not fully explain how hypnotherapy ‘works’. For bog standard stage hypnosis it’s ok and has merit but we need more.

Suggestibility and more than 1 way to skin a cat?

People do not need to be hypnotised to be suggestible. If you’ve read my other books you will be aware of this. The ability to easily process language automatically and become absorbed in something are universal human traits. The ability for a person to shift levels of processing information and to carry out a series of changing mental tasks are universal human traits. There are not one or two or three or ten types of ‘hypnotic responders’. Hypnosis works when it utilises already existing human abilities and plays to them in a way tailored to individuals and/or the masses.

NOTE: BEING ABLE TO BE HYPNOTISED AND BEING SUGGESTIBLE ARE NOT AT ALL LINKED IN A THERAPEUTIC CONTEXT. WHEN COVERT HYPNOSIS IS OCCURRING THEY ARE LINKED. THEN YOU DO BECOME ‘HYPER-SUGGESTIBLE!!!’

The covert manipulation of a **positive bias, social conformity** (group hypnosis), **artificially induced high motivation and the utilisation/warping of human empathy/sympathy** drives are amongst the most important factors involved in increasing suggestibility without any formal hypnosis being present at all. This can be carried out by both misinformation and disinformation alone, creating a hypnotic

reality/hologram of sufficient duration to get the responses desired by the persuader-hypnotist.

The mainstream psychological models of hypnosis and University, bog standard professorial level are merely small patches of truth with a great deal of ideological falsehood. You will have to wade through oceans of crap, pseudo-science and stinking waffle to spot the few diamonds amongst the mass of floating turds! I have written this part of the book to save you the effort. F**k the 'mainstream opinion'; the river is polluted. We'll take the bits that make sense.

Wilson and Barber invent a new mythology.

Two boffins called Wilson and Barber in the early 1980's claimed to have discovered 3 types of hyper-responsive individual...Here we go again!

1. **Fantasy prone.**
2. **Positively set (Attitude prone).**
3. **Amnesia prone.**

Let's take group 1:

Fantasy prone and hypnotisable?

2-3% of the general population are fantasy prone. What does this mean? As both children and adults such people (the researchers only tested 27 high hypnotisables and generalised wildly from this tiny fraction!!!) spent time:

- **Engaging in pretend games.** Who didn't as a child? Scientists perhaps? Ah!
- **Playing with imaginary friends, guardian angels and spirits.** This is quite normal; lots of children do it and terms such as 'angels' and 'spirits' have more to do with religious training affecting the final expression of imaginative content. In fact imaginary friends are contagious – a child who has not ever 'had' an imaginary friend may come in contact with a child who does and create their own! Again all quite normal. They all grow out of it.

- **As adults they were capable of intense sexual fantasies with rather nice sensations being evoked!** Lucky bastards! Isn't that just called being a man??
- **Women 'fantasiers' were prone to so-called 'hysterical pregnancies'.** Oh please! What is this, the bloody Middle Ages?!
- **They could experience an 'alteration in sensations'.** Well who can't? If you can't you are dead!
- **'Grade 5 syndrome'.** A mythological construct that - 1. Certain people are prone to 'go in and out of trance' spontaneously. Folks (yawn), everyone can do that. If you couldn't you go insane; you'd be unable to cut out sensory input or process information. NEXT! 2. They 'readily' suspend critical judgement....Join the queue there. There are legions of such people. 3. They 'readily' take on the meaning of metaphor/story. Yes. Well that a universal human ability. 4. They focus on the present and don't think much about past or future. Yes. Well most people I have ever met are like that. NEXT! 5. They are comfortable with 'incongruities' – this means that can tolerate double think and cognitive dissonance (denial). 6. They have excellent memories and can concentrate easily. Again so what? There are hordes of such people. People who have multiple personality can do all these things and so can anyone else: what's the point?! 7. Under stress they can develop mind-body problems (who doesn't?) and even 'hysterical psychosis', a completely meaningless term. What we are seeing here is nothing less that the **pathologicalisation of normality/normalcy** something that goes way back in hypnosis literature to the ego-maniac Charcot. Not applying this to Wilson or Barber but you should know that lots of scientists evidence signs of psychopathy and autism spectrum behaviour. But that's another story. Thankfully Barber admitted that studies had shown that hyper-responsives, contrary to incorrect prejudice (by the way not all prejudice is bad, if you couldn't do it you wouldn't function or be original or driven) and bias are NOT 'fantasy prone' at all. If you asked most of the general public if they were fantasy prone *some of the time*, they'd say yes. In fact most are so ignorant that they de facto *are* fantasy prone. Their brains are filled

with holograms that match reality in drips and drabs at best. This leads us nicely to...

Hyper-responsives as 'positively set' people?

What on earth does 'positively set' mean?

- Individuals with a positive bias towards – hypnosis itself, a given hypnotist, a given test (important! the subconscious must be motivated and see it as personally relevant!), positive expectations of ability and being able to 'go with the flow' of suggestions in an uninterrupted manner. Again this doesn't explain how people have such unique and idiosyncratic trance phenomena occurring in hypnotherapy and again implicitly assumes a hypnotist's role as 'grand controller' of the human robot; but we'll leave that for now. Human robots models of human beings can be traced directly to 20th century nut-jobs like Freud and Skinner. These ideas find their roots in ancient Gnostic fantasies of human obedience to a Gnostic authority. See my other books, especially 'Powerful hypnosis' and 'Forbidden hypnotic secrets' for a takedown of those two influential crazies.

Before we go on I must clarify something: both the capacity to **visualise** and **cooperate** are universal human capacities. We need not put people into imaginary types and label them with silly word spells.

Hypnotically forgetful? Amnesia prone or bust!

So what is an 'amnesia prone person'? Someone who can never find their keys? In the mid 90's a lady called Deirdre Barrett hypnotised a bunch of folks (again not many: 34 in fact; sometimes I see more than that in a month!) and found that about 15 or so had total amnesia after 'hypnosis' (what type of induction or what was done after induction is not said) and were 'slow to talk' about what had just happened. On probing she found the following truth:

- **Few memories accessible before 5 years of age.** (Like most of us then! If I have a heavy drinking session I can't remember what I did the night before!!!)

- **Dream amnesia** (This is normal.)
- This is the kicker – **significant evidence of sexual and physical trauma throughout life leading to the creation of amnesia walls for any powerful stressor/life event.** She had basically found people who had unconscious dissociative capacities to ‘repress’ traumatic events. This is a universal human ability. Some do it more readily than others. In fact our brain is always ‘repressing’ something or we’d be overloaded and couldn’t function. But you get the point.

To reiterate and ram home: the ability to compartmentalise severe stressors, to dissociate them into discrete and separate packages that become over time, through repetition, separate ‘parts’, ‘behaviours’ or ‘ego states’ and at worst full-blown multiple personality (‘multiples’ for short) is well known and understood. MPD/DID is in part a ‘trance disorder’. It is well known also that such people are highly suggestible – possibly as a defence/survival mechanism to participate in further abuse and yet blank it out too. At its most horrendous extreme and if the child does not die, the very core of the mind can be shattered and broken into literally 100s or 1000s of separate, distinct and programmable ‘personalities’. ***It you want to control someone you must savagely and repeatedly (chronically) traumatise them.*** More on this in the latter advanced section on cult programming methods. ***‘Bliss states’ taken to unnatural extremes are a form of trauma and that includes drug abuse.***

This aside – amnesia is a normal occurrence, a result of working memory and rolling consciousness (see book 5, ‘Wizards of trance’); it is also totally unnecessary for effective hypnosis - stage, street or therapy. Again we are left wanting more. Ho-hum.

These studies and theories are highly controversial and their methodology questionable but so is much of the ‘scholarly’ criticism of them: our objective remains elusive. Interestingly hypnosis is so powerful a method that CBT (Cognitive Behavioural) therapists will claim to be using it to secure greater responses to their interventions than if they had not claimed so! The poor old ‘fantasiser’ is left no better off with mainstream quacks labelling them prone to future psychosis etc. This merely indicates the utter

terror of the bureaucrat in the face of such unmeasurables as creativity – one of the defining attributes of being human. Such people may be labelled liars when making claims of childhood abuse. Indeed there does seem to be a vocal quarter, amongst some sections of academia and research, who are deliberately trying to squash the idea of multiple personality at all; they are trying to essentially label it as a form of attention seeking behaviour!!! Oh no folks, it is very, very real. Ultra vague nominalisations* and pseudo labels such as ‘fantasy prone’ and ‘amnesia prone’ etc. must be assiduously avoided by any competent therapist as being 1. Inaccurate, reductive and simplistic. 2. Dehumanising. Fantasy and forgetting are just behaviours, amongst a myriad of many other responses: a person is not to be neuro-linguistically cursed with behaviour associated ‘names’ if any progress is to be made.

(*Nominalisations in therapy often reveal non-thinking self-hypnosis in clients. In fact nominalisations can hypnotise the speaker of them!)

Barber was right in that he/she emphasised the importance of **motivation and expectancy** in creating hyper-responsiveness and in enhancing hypnotisability and suggestibility. *In my experience all my most motivated therapy clients (to ‘get better’) were the most highly hypnotisable or hyper responsive. It is this motivation to heal that is the single biggest determinant of hypnotic success.* If someone doesn’t want to play, failure is almost always assured. And most importantly the motivation must be unconscious in origin. The unconscious must be sick and tired of the current state of affairs and desire a new or rather old set of better, more ‘functional’ associations. When this is in place with a good pre-talk etc., setting just the right hypnotic context with a dash of ‘success expectancy’ through therapeutic understanding and competence, hyper responsiveness becomes not a dream but a reality for *all* clients. Almost all stage hypnotic phenomena can occur in the waking state. The only thing that facilitates this latent ability when aiming for cooperative and not covert hypnosis is motivation: to experience ‘hypnotic abilities’ (really just abilities) or heal.

Is hypnosis inherently a pathological state?

Unsurprisingly zomboidal and unthinking academics have sought with absolutely ZERO success to prove Janet and the madman Charcot's view (See 'Forbidden hypnotic secrets') that hypnotic ability and psychopathology were linked. All studies have resulted in no proof of this insane delusion whatsoever. The fact that it was even attempted shows how brainwashing permeates all levels of academia with 'authority bias' programming. This is quite simply the total inability of University trained people to think for themselves and to base all research and perceptions on the uncritical implementation of ideas from a whole host of assumed 'Founding Fathers' of 'psychology'. These being Jung, Freud, Skinner, Carl Rogers, Maslow and many other attendant basket cases. In many ways the brighter you are, the easier you are to hoodwink! Cult members often have very high I.Qs.

A whole host of studies on various uses of hypnotherapy have proved almost totally useless to any kind of practitioner who wants results. Methods are unmethodical and hidden, conclusions are at best inconclusive, the incompetence of all those involved readily implied and obvious. In my next two books on treating a whole host of addictions and anxiety disorders I'll give you the top-dog goodies – they will assist any hypnotist at any level of skill: full scripts and a wide variety of approaches will be unambiguously laid out. They are intensely powerful and what is more they work! And then some.

Some of the dumb conclusions drawn by researchers are that so-called anorexics and bulimics are more suggestible than the general population: listen up – people who are deprived of regular, healthy nutrition ARE MORE SUGGESTIBLE! That why cults starve people you academic halfwits! Myths such as '...anxiety patients are hard to hypnotise': wrong! They are so easy to hypnotise it's not funny! Anxiety is often a pathological trance disorder you cretins! (such brain vomit is so moronic as to be unworthy of serious comment), depression being the preeminent example of this. Unreality experiences, perceptual distortions and hallucinations are as readily found amongst the general population, academia and the poor in-patient psychotics. Fortunately the diagnosed psychotics can't legally drug anyone.

*I would love to really f**king hypnotise a whole host of twitty academics and play with their pathetic little minds for an afternoon: it would amuse the Rogue Hypnotist greatly.*

Can you enhance 'hypnotisability'?

Yes. Do academics have anything to show us on this front? Unlikely but let's check their sh*t out and see if it don't stink! Of course any attempt to measure hypnotisability is as doomed as the Dodo but pray let us continue. The amount of cultural hypnosis in academia is unbelievable. Their standard model of what 'hypnosis' is represents nothing less than an unprovable set of factoids that create nothing less than a hallucinogenic mental hologram. Is it any wonder that the mainstream approaches fail to cure anyone of anything, and let's face it, where is the profit in cure? Their allopathic bias dooms true healing from the get go. On the other side we have the modern wizards, gem stone healers and other New Age crazies: the prospective client is faced with an overwhelming choice of no choice at all.

As academic d**%heads don't even really think there is such a thing as an unconscious minds (sorry PAS!), as they don't think hypnosis (fantasy, imagination, psychosis?) exists, it's interesting as to why the might want to enhance a mirage. The wise reader may take solace in the fact that academics are not all equal. The mad man Bertrand Russell made it quite clear in his writings that only the select few professors who show the 'right stuff' would or will be given access to the true 'arcana'. One imagines the scene at the end of Raiders of the Lost Ark where the object in question is wheeled off into a vast warehouse of similar mysteriously mundane wooden boxes.

Tension inductions and increased suggestibility.

Several researchers including Ludwig and Lyle have induced what they call 'hyper-alert inductions' – this essentially is high physical activity plus suggestions. Examples being political rallies, tribal dance, exercise etc. Suggestions given were the polar opposite of the 'traditional' relaxation approach – they included **tension, alertness, stimulation!**

What did these weird inductions consist of? Surprisingly or not they were similar to cult practises.

- **Physical activity trance.** For example: Get subjects to spin around the room sweeping the room with their eyes. '***You will become*** (not now but in a moment pattern, see 'Mastering hypnotic language' - authoritarian style) **so dizzy** (confusion/general reality orientation destabilized) ***that you will be forced to sit down and enter a very tense hyper alert trance state.***' Like a whirling dervish then. Get them to do this and similar acts for between 5-25 minutes. When complete they will appear awake but their zonked look will prove they are in waking trance.
- **GAT: Group alert trance.** Very similar to the waking hypnosis trance I outlined in my 4th book, 'Forbidden hypnotic secrets' but with suggestions for increased alertness, suggestibility etc. This is linked to Dr. Gibbons so-called 'Hyperempiria' which is just a variant of eyes closed trance. It's the same as watching TV.
- **Active alert inductions.** Get someone on a stationary bike. Get them to pedal with maximum effort. Give suggestions for **alertness, attentiveness, freshness.** Next time you are at the gym...oh the possibilities! Someone called Eye Banyai rightly disagreeing with the loon Pavlov's simplistic hypnotic theory of 'cerebral inhibition' and 'developed' this approach (it was already known folks!).
- Someone called Wark teaches his students eyes open hypnosis and increases their exam results significantly! Apparently some professors like cult like states for their students!
- **ESRT.** Two characters called Amigo and Capafrens 'develop' a Neuro-Associative-Conditioning (NAC – see 'Powerful Hypnosis') technique to induce rapid psycho-biological change and dub it 'Emotional Self-Regulation Therapy'. Stage 1. A stimulus is introduced, e.g. cold water, lemon juice, heavy book. This stimulus must create a unique and recallable response, such as numbness, fatigue, lemony mouth, warmth, energy, itchy privates! This could be

done through simple memory recall but anyhow we are dealing with scientists! Stage 2. Trigger is associated to memory of stimulus. Choose random trigger, say tapping a pen on table, ringing bell etc. As you fire the trigger, ask or command person to recall memory-sensations of the original stimulus you used. This is repeated over and over until automaticity of recall and feeling occurs. Stage 3. Tell the lab rat that its 'nervous system' (good language pacing for a science student) has become 'more active and receptive' by the exercise. Because they are students who see professors as Moses they believe it. This was used on 'depressed' people who then said they felt a bit better after. Okay...

- **The active hand induction.** Now I know what all the men are thinking but it's not that. 1. Get sucker to recall/imagine something that increases their heart rate, activates wide visual expansion, starts them sweating etc. Are you thinking what I'm thinking? 2. Get sucker to rapidly move their hand up and down so they exert themselves. *No really it's not that!* As they move their hand about like a complete idiot you give suggestions for it to get harder; no! I mean for increased alertness, heartbeat, sweating, breathing etc. It is said to work better than the stationary bike – well it sounds more fun to me! Joking aside that's a very similar thing to men whacking off to - you know what!
- **Alert inductions for athletes.** Whilst athletes are involved in their activities, training etc. make suggestions for improved performance: body awareness, success rehearsal, focus on the relevant, smooth automaticity of performance etc. This is what coaches/trainers do.
- **The Woodsy induction.** Someone called Iglesias in 2005 reports getting rid of panic attacks in the most retarded way known to man! A woman suffering from public appearance nerves refuses to be hypnotised formally. She is told to imagine or look at a Waterford Crystal Goblet (Crystal ball induction) – she was given suggestions for alertness etc. and told to feel 'woody' and numb on the inside at public events. Oh dear God! The subject said that the numbness induced by the numb nuts was 'satisfactory'. I will show you how to

exterminate panic attacks in my 9th and penultimate book, although there are great phobia cures in book 4 and 6 in my series too.

Implications of findings?

In most cases alert inductions and traditional drowsy, relaxed approaches made no difference in standardised stage hypnosis tests. Unless you wanted to be calm and relaxed; then the alert inductions are a bit of a downer! Discomfort, spontaneous movement, feeling elicitation, alertness, 'joyful dreaming' and active participation were increased in alert inductions.

Fear based suggestions in alert trance increase suggestibility generally and greatly: this we will examine in the sections on cults. Cults essentially induce **trauma based trances** and loop them through a variety of information processing disruptions that stop the conscious mind from functioning – leaving the cultist recruit a robot-zombie, exactly the goal of Freud's daughter Anna who saw her father's method as a way of creating 'ego-death', the goal of all cults. This will also be explained later. The death being that of the person's inborn personality which is replaced with a socially adjustable alter. This is also known as 'programming the human bio-computer'.

Focusing on the present to quell anxiety.

When anyone focuses solely on the present they tend to be calm, relaxed yet alert in an absorbing activity - say reading. Get anyone to focus and go into a waking trance by...

- Instructions to focus on their body.
- What they are sitting on, touching.
- The sound of your voice.
- Their present state of control.
- Give instructions to imagine a time when they would have felt anxious but in this case imagine feeling relaxed, confident, breathing normally etc.

- Tell them to give themselves positive messages of support so as to avoid the appearance of controlling them.
- Whenever any feelings of ‘anxiety’/discomfort begin to arise – focus solely on the external world and sensory based present. It’s hard to get anxious or depressed without visualising!

There are far better methods however.

In closing.

1. **Focus on externals.**
2. **Do some absorbing physical activity.** The positive trance induced by the receptiveness of exercise may be part of the reason we feel good after it.
3. **Give suggestions to self or others in those states.**

Sex, sports, walking up to a podium are all good times to give suggestions. Dirty talk, coach ego boosts the team, positive self-talk and psyching out spring to mind! Unfortunately cults use all this stuff too. Some very stupid people think that all this is explainable by compliance to authority; although authority alone can induce both waking trance and enhance suggestibility this does not mean that eyes open and alert trance is really profoundly different from its relaxed and eyes closed cousin. Many people have their eyes wide open and go through much of life in trance. Take my word for it: I’m a professional and I can spot trance signs.

Increasingly suggestibility in general: any tips?

What is the difference between an instruction and a suggestion? According to someone called Gorassini a suggestion is something that occurs due to external input and instruction is a self-controlled action.

Suggestion = external agent inspired action. Things ‘just happen.’

Instruction = self-controlled action. Thought and ‘micro-management’ goes into the action.

But is this in fact the case? There are a great many instructions to carry out various tasks throughout our daily lives that ARE inspired by others prompts, things that we would rather not do at all.

Gorassini like other hypnosis non-hopefuls believes stupidly and without any basis in reality that Ericksonian approaches fail because they are too vague! This is precisely why they succeed! **Human language is a cold medium that induces trance by its very nature, to varying degrees, as my other books have shown; and you will later learn more about this.** Indeed so confused is this Gorassini character that he is permanently contradicting himself, suggesting that one can use both suggestion as it allows things to happen and instructions which make things happen. This is really nothing new, nothing novel, just a pretentious way of saying be both indirect and direct. Genius! Interestingly and yet predictably the purpose of studying hypnosis is not for its therapeutic applications but again (yawn) merely in eliciting stage hypnosis phenomena (rising hand, farting on cue? etc.). None of which indicate anything in particular about anything important. The purpose of these studies seems to be ways of formulating instructions/suggestions so that they are followed to the pleasure of the instructor and not the instructee. That is, hypnotic response is doing what you are told successfully. This is not even remotely the case and such attitudes merely reveal desires having nothing to do with creating/eliciting self-healing responses. **Essentially methods for ensuring obedience to authority are being sought.** Such rabidly anti-Ericksonian approaches are favoured by those with poor empathy, poor language flexibility and skills. Processes of **attention and interpretation** have been shown to play a large role in hypnotic response. It is true that in adults the main problem they have in achieving hypnotic responses is that they seem ‘intangible’. Socialisation processes that deliberately seek to crush human imaginative capacities and creative problem solving are directly responsible for all non-biological failures in hypnotic responding. The dull and unimaginative workaday world is so mundane and vapid, inane and machine-like that the imaginative faculty, like an unused muscle is withered, unstimulated and weak. However it does exist latently and through varying tricks and devices which I have fully outlined in other books, success can be easily assured.

Formal training in hypnotic response?

Some researchers of this bent working in the 1960's and 70's claimed that an approach called CSTP (Carleton Skills Training Programme) does provably enhance hypnotic responsiveness in low hypnotisables. What did they do exactly?

- Increase motivation by dispelling myths.
- Show that hypnosis was beneficial (good hypnosis spin doctoring!).
- Prime positive expectations of success.
- Prime the client to simply imagine things without comparisons to reality.
- Suspend reality concerns (destabilise the 'GRO' – general reality orientation) without challenge.
- Establish rapport. This is so important that studies have shown ***liking someone, physical attractiveness and sexuality increase the rate of hypnotic responsiveness!*** This is why political leaders of our day have to be 'leading man' types: they are more likely to be followed! This is one method by which the masses 'consent' is assured. Oh foolish man; is there nothing you cannot be led to believe!?
- Instructions should be clear, concise and related to specific, realisable tasks.
- Become absorbed in suggested imagery.
- Make things happen, don't wait for them to happen (active rather than passive response).
- Unsurprisingly such approaches 'plateau' (fail) with repetition: it is hard for anyone to produce stage hypnosis phenomena for that purpose alone – if you've proved you can do it, why bother gain? The motivation is gone, used up.
- Fear of hypnosis and any lack of motivation to achieve goals in which hypnosis can play a part in success achievement, again, are the main

causes of all hypnotic ‘failure’. Basically if someone really doesn’t want to budge – *unconsciously* – you are sc**wed!

- The major problem with the ‘making it happen’ approach is that it is *conscious* (directed to conscious processing) and therefore can all be faked! **Note: all genuine hypnotic responses occur whether the conscious mind wants it or not; all hypnotic responses are unconscious in motivation, origin and execution; they occur spontaneously: often merely in response to rapid, unconscious language interpretation.** This is why such anti-unconscious explanations fail. The brainwashed’s loathing to admit that an unmeasurable unconscious/subconscious exists in whatever form is the prime reason for such approaches failure. The model is a hologram and bears no close approximation to reality, no matter what small component parts it does actively identify. Again we have the blindfolded men who feel the elephant and explain the whole from a lone limb etc. Just because you only like spaghetti and leave out the meat doesn’t mean you’ve made spaghetti bolognaise.

The role of expectations of success in hypnosis?

Again researchers in this vein fail to see any role for expectation in hypnotic response when it is in many ways the vital key to it: opposite world in its essence; you’ll learn about that soon enough - ‘scientific models’ that in no way match reality. Hypnotists operating from such hallucinogenic paradigms are doomed to failure; thankfully my books are the antidote if I may say so! If you are wondering, ‘Hey! Where’s the stuff on cultural hypnosis?’ I’ve already started; but you need a starter before the meal. Bear with me, all will be revealed.

‘Deep simulation’ and the creation of better imagined maps.

Gorassini and his ilk are right about one thing: **hypnosis is a way for a person to imagine being different.** By **imitating an imagined self (deep stimulation)**, behaving in more healthy and happy ways the unconscious is stimulated to new possibilities or older healthier responses by way of visual suggestions that imprint on the unconscious as better ways of being in this world. Note: in ‘harmful hypnosis’ TV, movies, radio, advertising and the

printed word offer us multiple alternatives vying for 'imitate-ability'. Some of these models imprint upon the unconscious and re-directionalise it towards denial of self, artificiality, standardisation and conformity. Such media utilise trance states for uses of programming that supports the 'status quo' agenda. All media throughout history has only served this function; with very rare exceptions that are swiftly stifled, crushed or ignored. Media expert Marshall McLuhan was wrong: both the media and its content (data) are the message.

Healthy hypnosis at its best re-associates one to the best potentials in oneself. This it does by re-directionalising the mind to choose/access/re-access inborn behavioural templates that lead to genuine fulfilment through genuine satisfaction of needs; ignoring those pseudo-hologram models that lead to the dead end of despair and anxiety. Hypnosis also creates an **interface state** with the deep structures of the psyche that can be negotiated with through the manipulation of symbols that access deep healing potentials of mind that are little understood yet very powerfully real. Why the symbolic manipulation must be triggered via an external source in a formal ritual and does not occur spontaneously is an interesting question. Answers on a postcard please...

In conclusion: mainstream (inept) psychology's love-hate affair with hypnosis exposed.

What anyone with any objectivity and love of truth as opposed to 'models' soon learns is that the psychological establishment, which has a woeful clinical treatment success rate, knows basically sweet f**k all about what hypnosis is. Psychology interesting though it is, is at times a politically driven pseudoscience. Its 'researchers' can only ever find what they are paid to find by their Government/Corporate paymasters. Bias and almost religious rigidities and prejudices about what hypnosis may or may not be prevent any cool assessment, although admittedly they do offer a few insights to real hypnotists with 100% success rates like myself. I can't help being amused by people who have undergone indoctrination procedures at various Universities which render them utterly incapable of being able to think for themselves without reference to the defunct and disturbed theories of a few dead men who did very poor work with low success rates

in the late 19th century. It is the equivalent of using a burning wooden torch and wondering why the beautiful Cathedral about you looks so damned dark.

High programmability and disturbed cognition is not a sign of intelligence. Many University professors and attendant researchers differ little, if at all, from cult members and give more weight to the potentially highly dangerous practise of meditation than they do to hypnosis. Almost zero research has been carried out on hypnotic practitioner skill, change work approaches etc. so as to render vast swathes of 'hypnosis research' little more than varying degrees of mental masturbation.

There is also an alarming presupposition that successful hypnotists must prove themselves to a profession whose views of mental health, theory of mind, and success rates in treating the suffering are so pathetic as to only be regarded as an irrational waste of productive time. 'Peer review' would be as easy as 1, 2, 3 if psychological researchers were to involve successful hypnotic clinicians in their work; unsurprisingly there is no appetite for such a course of action. This is due to the scantiness of funding and a very real fear that if the cat were to get out of the bag, much of mainstream 'medicine' and 'psychology' operatives who seem to have no economic function whatsoever would soon find themselves on the scrapheap with such reported former 'mainstream treatments' as medieval leech bleeders!

The lone hypnotist is faced with an uphill task to develop his or her own desire to find out what hypnosis is and how it really works: thinking for ourselves is paramount; all bias and models must be cast aside, we must look to evidence in our private practise, learn from what our clients report of their experience, sift like a gold prospector through the waffle vomited out liberally by 'psychological establishment' cultists and their denomination for whatever small slithers of gems that may help us in any practical way. Asking a University trained psychologist to teach a person about hypnotic realities is like asking a virgin for advice on how to be a good f**k: it just ain't gonna happen.

With a disappointed sigh we turn our sights to neuroscience and hope for better results. Note: people existing in their own hypnotic reality are not the

folk to go to for any meaningful truth, especially when group hypnosis and a fear of rocking the boat prevent honest and competent enquiry.

Interested readers may want to wade through the speculations and ramblings of ‘mainstream’ (according to whom?) psychologists by reading **‘The highly hypnotisable person’ Edited by Heap, Brown and Oakley.** Much of the research in this section is derived and debunked from this dry, poorly written misuse of toilet paper.

Most disturbingly much work that is being carried out by researchers seems to clearly imply that there is a quest to find out technocratic methodologies to make the general population more compliant and suggestible for the political corporate masters capricious whims; now THAT would get funding!

At the end of part 1 of part 1 in our study let me leave you with the following thoughts if I may:

What we have discovered is that a number of psychologists, though not in agreement as to exact mechanisms concede that ‘hypnosis’ is induced in a number of ways and can undermine usual conscious volition and decision making processes. It may alter behaviour in ways that indicate normal conscious mind functioning has been waylaid. We have some genetic, chemical and behavioural indications that hypnotic processes genuinely affect human brains in quite profound ways.

So if I prove cultural hypnosis exists, and I will, we have inklings already of the psycho-physiological manifestations of hypnosis on YOUR brain. I will make a prima facie case in this book that at some point YOU have had the workings of your brain radically altered with consequences upon the normal functioning of your perceptions and therefore the outcomes in your life. I am saying that at some time and at some place you have experienced a form of brainwashing of which you have been utterly unaware. The term ‘brainwashing’ is misleading – all it really means is ANY process that programmes you to believe fantasy is reality.

The researchers so far agree that ABSORPTION plays a key role in hypnosis. As I said in my first book. On that bombshell...

Section 2: Hypnosis and neuroscience.

Now it all starts getting a bit more juicy.

Many see neuroscience and its brain scanning gadgetry as a way, finally, to measure the brain and its activities ‘objectively’. Since the behaviourists, the intent has been there and the boffins think they’ve cracked it. It wouldn’t be the first time they were wrong. But what does the precocious child, this enfant terrible have to say about hypnosis and how it specifically affects specific regions of the brain? *Has anyone seen the hypnotic brain?*

University Hospital of Liege (France) experiments involving pain control caused by recall of pleasant personal memories in ‘hypnosis’* and in a waking light hypnotic state have revealed some interesting insights into hypnosis and the power of suggestion.

(* I use the highlighted term ‘hypnosis’ because I wasn’t there and don’t know what induction/s were used and how the experimenters define ‘hypnosis’. Also distraction through recall of pleasant scenes is such an archaic pain control technique as to be almost laughable.)

Let’s get gruesome baby and talk about yucky bits of the brain!

Consider the **midcingulate cortex*** – a part of the limbic system (the so-called primitive ‘feelingful’ bits of the brain), involved in ***emotion formation and processing, learning and memory. Links behavioural outcomes to motivation – the carrot part of ‘carrot and stick’. It controls breathing.*** It is a part of the roughly banana shaped cingulate cortex, located in the middle layers of the brain. It also involves itself in something we know already called ‘executive function’, this is reasoning, flexibility, problem solving, planning and execution. So it is involved in both subconscious and conscious processes.

The frontal portion of this structure is called the **anterior cingulate cortex***. Anterior means ‘former’, ‘before’. It is involved in – ***empathy, anticipating rewards, decision making, impulse control and emotion. It helps control heart rate and blood pressure*** (which hypnosis can and does play around with and control). It ‘grips’ the frontal part of the corpus callosum.

In hypnotic pain control, **Brodmann area 24*** (the anterior cingulate and the front of the midcingulate cortex) brings about changes in ***pain perception***. Other brain regions are also involved in pain functions and they are also involved in ***emotion, thinking, movement and the senses***.

If you are getting confused by all these crappy Latin names see the brain diagrams below!

**Yucky brain diagrams no 3, 4, 5.*

Diagram 3: Midcingulate cortex.

Midcingulate
Cortex



Diagram 4: Anterior cingulate cortex. (The ACC is a hypnotist's best friend!)

Anterior
cingulate
cortex

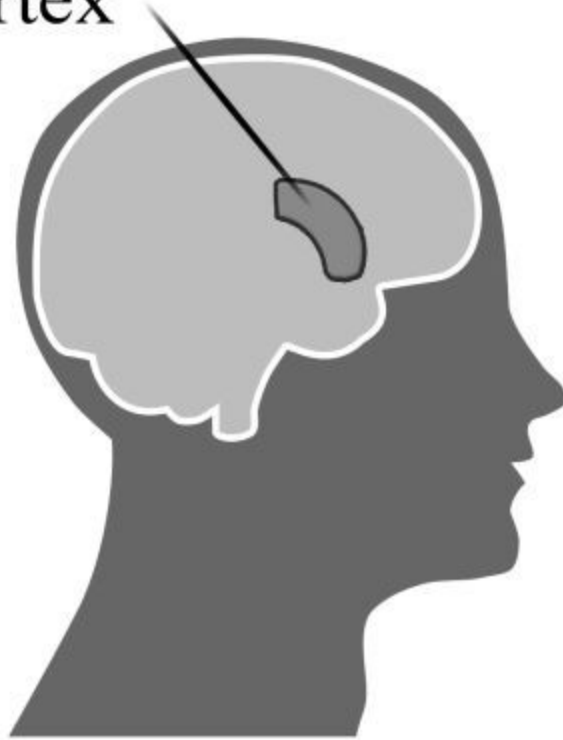


Diagram 5: Brodmann area 24.

Brodmann Area 24



The stroop effect.

What is the 'stroop effect'? Well it's based on the work in 1935 by John Ridley Stroop on interferences in reaction times in **semantic/colour tests**. Let me explain...

- Say I have five words – blue, green, red, purple, yellow and say that they are coloured the same way they are written. So the word 'blue' is coloured blue. Say then I ask you to tell me the colour of that word. You look at the blue coloured 'blue' and say blue. There is no conflict or interference - both are blue! You tell me quickly.

- Next I take the same words but colour them incongruously – the word ‘blue’ is written/printed in purple ink. The word ‘yellow’ in red etc. Tests have shown that this causes the person to pause when asked to name the colour of the word. They are incongruent. Our brain’s jar! Why?

This is explained by something called ‘the automation of reading’ – human minds automatically determine the meaning (semantics) of the word, e.g. reading the word ‘red’ leads to automatic associations of red, redness, red experiences etc. The ‘red place of you mind’, if you will. When word colour and word itself clash no such automatic associations occur! The process of checking the colour must be done with effort. There is no automated response. This delay is known as the ‘stroop effect’, (or delay, interference, conflict etc.) Boring yes but bear with me!

The compliance myth of hypnosis.

Although compliance does play a part in following any suggestion in the waking state or otherwise, it is not the only factor involved in successful hypnosis or therapy. In fact as Dr. Milton Erickson knew, asking or demanding compliance can ruin everything! The fact that compliance can be achieved covertly is not even mentioned by people who consider themselves as ‘experts’ on hypnosis. Amazingly when reading the literature by such people one finds no mention of the work of Milton Erickson at all! Second raters like Hull (Erickson’s teacher) and Hilgard are wheeled out as though Moses had spoken!

The compliance myth puts great emphasis on the ‘traditional induction’ without specifying what that is, ever. Firstly and disastrously it concludes that relaxation is the key to hypnosis whereas the fact is stress, boredom and extremely heightened emotional states will do just as well if not better. See book 4, ‘Forbidden hypnotic secrets’ and sections in this book for more detail. The compliance myth states the following half-truths...

1. **‘Relaxation’ produces ‘disorientation’ and ‘an experience of detachment’ from one’s actions’.** No I don’t know what the f*%k that means either. Actually hypnotic relaxation produces a greater sense of orientation and purpose.

2. **Metaphors of 'sleep'**. The old myth that harping on about 'sleep' = hypnosis. Pure drivel. Suggestions of sleep are said to 'prevent' the critical mind from operating properly. Quite how again is never revealed: a sure sign of flabby reasoning.
3. **The hypnotist's voice is focused on solely**. Garbage. Utterly unnecessary to induce trance.
4. **Letting go**. If the hypnotist harps on about 'letting go' and 'letting it happen', by some unexplainable force the person doesn't *feel* as if they are consciously involved.
5. **Activate task compliance chains**. Do this, then that, then this. Getting someone to follow a chain of tasks/instructions = hypnosis. Again bullsh*t! There is also the Stone Age premise that task chains = deepeners. Again puerile.

Now you can use all these things and they'll help now and again but this model is so primitive as to be ludicrous.

Both technology (electro-magnetic brainwave influencing gadgets etc.) and sensory deprivation have been used to increase suggestibility with varying degrees of success. Interestingly one study found that stress increased suggestibility! Ah: now we are getting somewhere. When people are fearful they are highly suggestible. The fact is, all these methods and theories fail because they are the work of also-rans. You learn nothing from complete nobodies! You find a talented practitioner and learn from them. There is such a thing as being gifted and talented but of course being unmeasurable the nerds/boffins refuse to acknowledge this. How we've sorted that out back to stroop!

Hypnosis and thought processes.

In those hypnotically hyper-responsive individuals the stroop delay is increased in hypnosis but not with low responders. This is unless a post-hypnotic command is given that says in effect,

'Perceive words as meaningless symbols.'

In effect saying –

‘**Notice only the colours words are printed/drawn in etc.**’ - through implication.

Processes in the visual pathways in the brain followed by the front end of the anterior cingulate cortex were lessened following this command. This is known as ‘down -regulating’ or ‘dampening’ – it’s doing less sh*t basically.

Did we really need neuroscience boffins to tell us this? So the part that deals with vision, unconscious processes and conscious ones is affected. Who would have thought! ‘So what?’ you’re thinking...who gives a sh*t? Right? Oh no! What conclusions have we drawn so far?

Hypnotic suggestion/programming is so powerful that is can reprogram inborn genetic tendencies involving multiple levels of human brain processing – you should think, really think about the implications of that. In other words: it can make you behave in totally unnatural ways. Can we conclude in ways that could threaten your very survival?

Brain regions involved in hypnotic pain control.

Studies in neuroscience have let us know the following effect of hypnosis on specific regions of the brain.

- Large scale cellular (neurons) electrical activity (oscillations) within the brain ‘break down’ in hypnotic trance.
- **S2 insular regions: secondary somatosensory cortex** (roughly the mid sides of the brain see diagram no. 6 below) of the prefrontal cortex* which *regulates emotion, homeostasis, motor control, self-awareness, empathy; perception and cognitive functioning* is inhibited. The S2 regions also contain a body map which detects any form of touch. Both left and right hemispheres are interconnected. It controls what is called ‘**interoceptive awareness**’. This is more simply conscious **awareness of body states**. Pain is evaluated here. Even just imagining pain etc. activates this area. IBS sufferers have been found to

show ‘abnormal processing’ of pain in this region. Awareness of one’s heartbeat is possible due to this area’s existence. Blood pressure is controlled here – all the aforementioned functions/processes can be manipulated and altered using hypnosis; they are utilised during inductions. Warmth and cold, a full bladder, the awareness of our breathing (especially when uncomfortable, after exercise etc.) Our sense of balance and hence vertigo originate ‘reside’ in this place. Laughing, crying, passively listening to music, compassion and language are ‘controlled’ through this brain region. *In my first book, ‘How to hypnotise anyone’ it is exactly these functions of mind that I teach you to focus the hypnotee’s mind upon and so influence!*

(* **The prefrontal cortex** controls what is known as ‘executive function’. This has already been explored. It roughly corresponds with the front half portion of the brain. See diagram no. 1 above. Studies by Fuster and Goldman-Rakic pointed out the main ability of the prefrontal cortex is **to represent information not currently in the environment**, and the central role of this function in creating the **‘mental sketch pad’** – this is what NLP calls our ‘map of reality’; note maps and reality don’t necessarily match. So called ‘representational knowledge’ is used to intelligently guide thought, action, and emotion - the inhibition of inappropriate thoughts, distractions, actions, and feelings. In this way, working memory (roughly short-term) can be seen as fundamental to attention and behavioural inhibition. Working memory works by holding transitory information in the mind for its manipulation – both visual and verbal. Cognitive processes are controlled by this region, permitting interim integration, processing, disposal and action possibilities through **internal pictures** and flow of and retrieval of information: all processes manipulated by and in hypnosis. The prefrontal capacities allow the linking of past to future, allowing both cross-temporal (across time) and cross-modal (across senses) associations in the creation of goal-directed, perception-action cycles. **This ability to ‘represent’ covers all other ‘higher executive functions’.** In other words your capacity to be a fully functioning human is all down to how good your map is! Many researchers have suggested that the prefrontal cortex is ‘dampened’ during hypnosis. This vital brain region controls our sense of reality or what is

known as our aforementioned ‘general reality orientation’. *This set of waking perceptions can be altered in the hypnotic state.*)

Diagram 6: S2 insular regions.

S2 Region



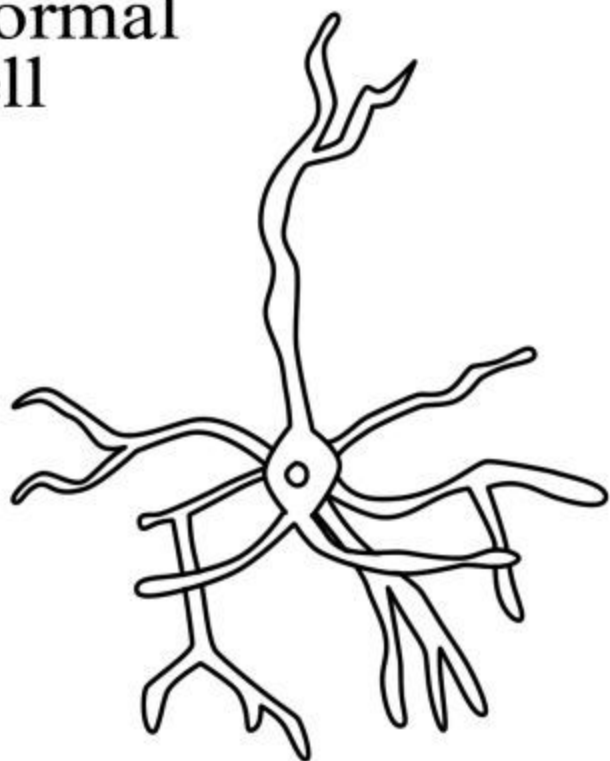
- **Spindle neurons** only found in humans, the great apes and whales. They are found in abundance in the S2 region of the brain and in our old friend the anterior cingulate mentioned above. Emotions, smells, spatial awareness, touch, self-awareness and navigation through 3D space are all affected by spindle neurons. Spindle neurons look like long spindly things – see diagram 7: and are said to be involved in **social relations** in complex and extensive ways which involve all the above-mentioned functions. They have been described as the ‘air

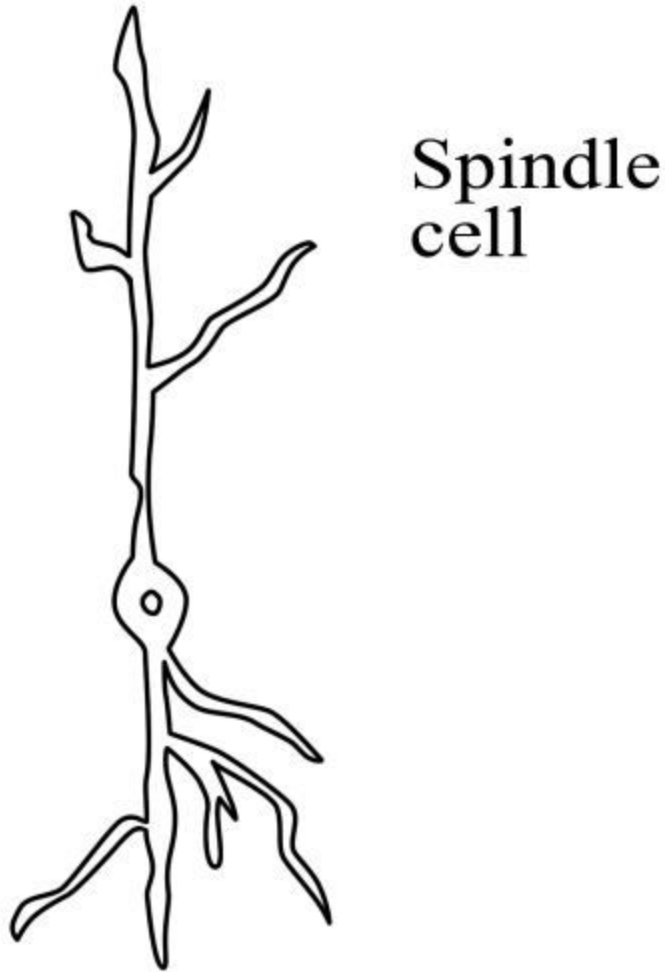
traffic controller' of the emotions in humans by John Allman, a California Institute of Technology neuroscientist. These are said to be able to send messages around the brain at **greater speed** than normal neurons across multiple brain regions. If these rapid and extensive neurons are involved in hypnotic change it may account for the swiftness of, for example, hypnotherapeutic success. And more ominously a physical explanation of rapid brainwashing!

- The already mentioned **somatosensory cortex** is electrically dampened in its connection to the prefrontal cortex during hypnosis. Thus it seems 'blocking out/dampening' signals to awareness.

Diagram 7: Spindle neurons.

Normal
cell





Gamma wave changes and hypnosis.

Some studies have shown that brain gamma wave oscillation is increased in both hypnosis and meditation when a single focus of attention is attended to. In experienced Tibetan monks scientists measured the highest recordings of gamma waves outside of a seizure! Gamma waves oscillate at a high frequency 25-40 HZ (Hertz – 1 cycle per second). Remember brain cells generate electro-magnetism. Some have said that gamma increases a proneness to...

- **Perceptual distortions.**

- **Quasi hallucinatory distortions.** (Both induced by cults leaving their brainwashing victims in permanent waking altered trance states. Meditation can cause such responses.)

This proves what I said is known about meditation in book 4, 'Forbidden hypnotic secrets'. **Some meditators start doing this outside of the meditative state with alarming health consequences.** This will be explored later. Gamma is triggered by conscious visual stimulus, subliminal stimulus, visualisations, REM (dream) sleep and during anaesthesia. Gamma waves are a regulatory mechanism bringing all neuronal functions into sync; if this is prevented the person slips into coma. Without them we cannot have conscious awareness. Other slower wave functions affect gamma and the creation of neurons. What if a mad scientist created a device which could modulate gamma activity in large populations???! You'd theoretically artificially create the living dead! That I am aware this has not been done.

Gamma waves are believed by some to be involved in our ability to perceive visual input and distinguish it – e.g. identifying object shape and colour and separating objects as being different. This is known as **visual awareness and binding** and may partially explain why colour feelings and symbology interventions work in hypnosis. Gamma and its relationship to images of any kind and their perception and formation in the brain is obviously important – these waves must be linked to memory and imagination, so vital in hypnotic inductions and change-work.

Gamma wave activity definitely seems involved in hypnosis but in ways not yet understood. Eye movements and scientific measuring equipment have been blamed for gamma wave variants in studies so the jury is still out on this one.

Other interesting discoveries!

Neuroscience (parts of it) is leaning toward a theory/approach in which there may be a disconnection/dampening between monitoring and control functions of the SAS (remember the Supervisory Attentional System?) in hypnosis. The activity of the anterior cingulate cortex with regard to conflict monitoring (how we respond to things) and adaptive adjustments of

task set representations (doing different things) in the dorsolateral cortex (conscious mind/front of brain – planning, short term memory, **morality in decision making, our ability to lie**, high levels of dopamine, slowly matures throughout life: linked to intelligence and remembering people etc., vigilance intensity and anxiety levels) experiences ‘feedback breakdowns’ in the hypnotic state. *In essence this means that during hypnotic trance our usual habitual responses are deactivated temporarily in more way than one: we become suggestible. Habitual sets and patterns are interrupted.*

The main point that many neuroscientists are fascinated by is how and why those in hypnosis can effectively hallucinate what is not real and yet a deeper part (the ‘hidden observer’, what I call the core) is well aware that the suggested reality is not so at all! Why does this obsess them so very much? It seems the least interesting quandary regarding hypnosis and of practically no clinical use. They are in fact hypnotised by this obsession! Their finding that reality and hypnotic perceptions, illusions and delusions co-exist is no surprise to me. Just have a conversation with an average person! *Significantly neuroscience (herein called NS) has found that a consistent brain pattern of similar neural networks does not exist between peoples with either high or low hypnotisability (whatever that means?). The hypnotic trance state is so subjective that it is seemingly different for everyone – because we all have different brains!*

Some researchers have concluded that the part of the brain most involved in hypnosis is the ‘attachment related limbic structures’: basically the parts involved in the process of emotionally relating to others – these are formed soon after birth and form our relating patterns throughout life (more on this later). Again the main culprit – the ACC or anterior cingulate cortex is involved. **Theta wave modulation** in this part of the brain communicates with other regions and its modulation has been offered as an explanation for the mechanisms etc. of trance. Connected to this, other researchers have found proof that **rappport plays a central role** in hypnotic inductions etc. Absorption abilities/states, which have been found to have a genetic basis, can alter ones very experience of reality. This cults well know. The **alteration of the internal clock**, specifically its ‘slower running’ (time distortion: actually it can speed it up too as dream research had proven –

wrong Mr. Neuroscientist or at least half right!) in true hypnosis may be of great importance as subjective reporting by my clients attests. General reality cannot be put into discreet packages and normal prediction capabilities *are* destabilised during trance. Again the ACC is involved in such normal mental processes. A **lack of critical thinking** skills – analysis and evaluation etc. and the **inability to be aware of our mental states and comment on them (a lack of awareness)** has also been put forward as a way to understand hypnotic phenomena: no sh*t Sherlock!

Hypnotic neuroscience and pain.

In 1994 the Executive Committee of the American Psychological Association (its hypnosis division if you like) created an incorrect though seemingly plausible definition of what ‘hypnosis’ actually is...

*‘A procedure during which a health professional or researcher suggests that a patient or subject **experience changes in sensations, perceptions, thoughts or behaviour.**’*

The first part of the sentence is incorrect. Anyone can cause alterations in the truthfully stated highlighted section with suggestion or not. This is why you should not have group-think decisions being made on such important matters: everyone wants their say and nothing original is committed to.

Most neuroscientists tend to agree that there are three traits that define hypnosis proper:

1. **Absorption.** Our old friend from book 1. The ability to ‘become involved’ (nominalised phrase) in an idea, perception, visualised image etc. We also call this ‘preoccupation’. They claim, as do the psychologists, that some people are more ‘prone’ to this ability than others. But this is obvious crap because *everyone* is absorbed by something otherwise they couldn’t learn or enjoy anything at all!
2. **Dissociation.** (Yes that old chesnut.) The unusual separation of behavioural components. Observing and participating at once, involuntary ideomotor (physical) movements, alterations of feelings in the body etc.

3. **Suggestibility.** This is simply responding ‘positively’ to ideas and instructions given in hypnosis.

According to NS theory these factors lead to the following:

Absorption leads to a temporary loss/suspension of critical judgement (not always). This absorbed state creates a state in which suggestions effects seem to be real (the creation of ‘hypnotic realities’ – actually internal hologram alterations) to the subject: importantly these effects can be reversed and are safe (not always buster!).

What I say is that what hypnosis really does is accesses our internal hologram and causes re-associations and/or re-programming within its matrix. Our imagination is part of how we construct our internal hologram that we project on reality. We relate to others, ourselves and the material world through this hologram. In hypnosis we ‘enter’ our hologram and communicate with it, we alter it as we wish, or if we are unlucky as others wish.

What happens to the brain in basic hypnosis?

In 1999 a researcher called Maquet observing blood flow to various brain regions during pleasant memory recall following a permissive style hypnotic induction proved that remembering something and remembering something in hypnosis are not quite the same. Entirely different regions of the brain are activated. ***Hypnosis activates similar motor and multiple sensory regions of the brain as if the remembered event is actually happening!*** Bodily sensations, smells occurred during ‘motor imagery’, that is - mental rehearsal.

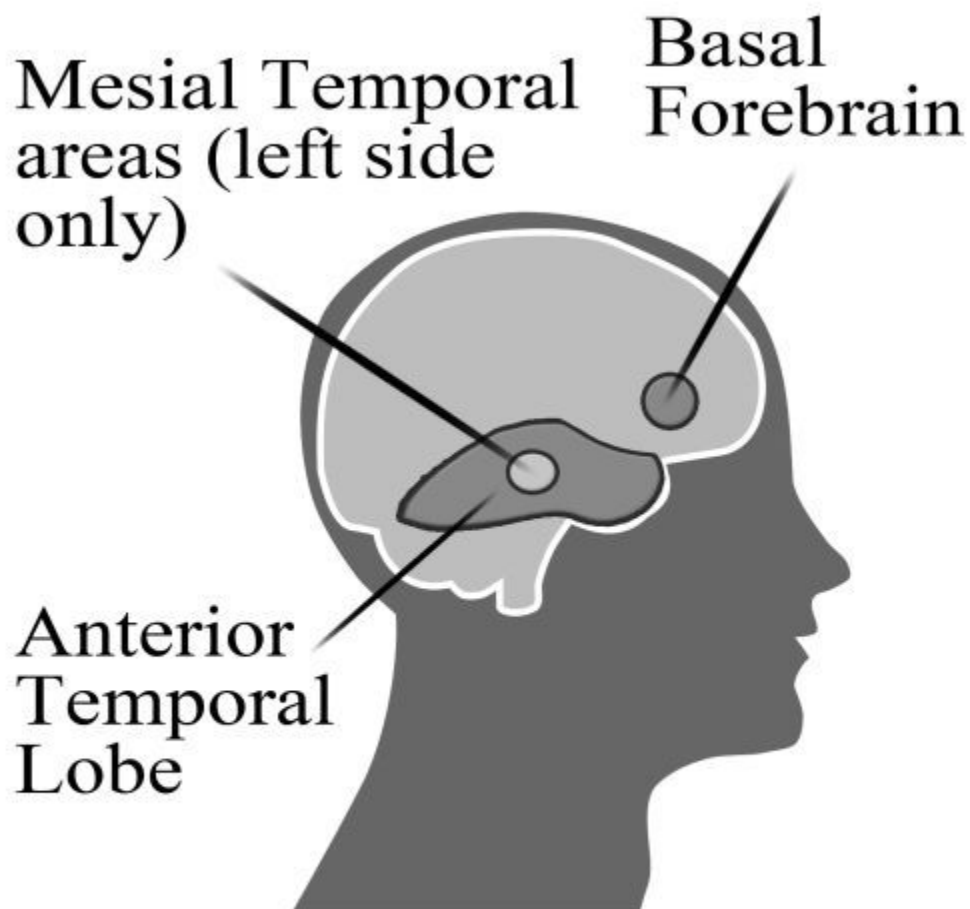
Brain areas involved in simple recall.

- **Anterior temporal lobes.** Important for ‘semantic memory’ – objects, people, words, facts, abstraction, noises etc. Basic data in other words.
- **Basal forebrain.** Bottom front of brain. Produces acetylcholine involved in brain plasticity and learning throughout the brain. The placebo effect, maternal behaviour, the brain’s pleasure centres, the home of the hippocampus which produces theta waves (trance!).

- **Left mesial temporal areas.** Visual memories, explicit memory (intentional recall of events etc.), details within memories – places, times, emotions etc., facts and knowledge (word recalled ‘data memory’) auditory input is made meaningful here, word comprehension, memory encoding.

See diagram 8 below.

Diagram 8: Brain activity in memory recall.



As I said in my first book, memory access is one of the royal roads in starting to induce trance.

The Precuneus: The area of the brain known as the precuneus (see brain diagram no 9.) is dampened during hypnosis; this region is involved in personal memory, visual-spatial processing, thoughts about self and consciousness in general (awareness of self and environment etc.). In the waking state this region uses large amounts of glucose to ‘fuel itself’. This region is ‘off line’ somewhat in coma, sleep, dreaming, dementia, under general anaesthetic, amnesia etc. Cults seek to shut this region off permanently creating the waking dead zombies that they capture and mind rape. They starve people to shut off the essential glucose supply to this region. This shows the danger inherent in prolonged low carb diets. We can’t be fully conscious without sufficient blood sugar.

Diagram 9: The precuneus.

The Precuneus



The brain regions that are active during a hypnotic induction and personal memories are:

Left hemisphere.

- **Occipital.** The primary **visual processing** part of the brain. One of the four lobes – literally the back end of your brain. Action guidance, body image, awareness of environment and coordination etc. are processed here too. Object recognition and forms being another of its nifty little tricks. The primary visual cortex (Brodmann area 17 – that Brodmann gets about!) is located in this spot.

- **Parietal.** As said before – roughly top of head – all **sensory capacities** integrate here. Your **sense of balance** (tipping someone back triggers hypnosis!), spatial awareness, location of touch, math/s ability found here.
- **Precentral (primary motor cortex).** Part of frontal lobe. **Movement planning and execution.** The so-called ‘homunculus’ – the internal map of the body is stored here. (Is this the home of hypnotically stuck hands and arm rigidity?!)
- **Premotor. Movement and actions.** Part of the frontal lobe. An area known as PMVr(F5) is the home of our friend ‘**mirror neurons**’ – the monkey see, monkey do part of the brain involved in empathy written about in book 5, ‘Wizards of trance’. **Eyes movements** can affect parts of it, also linked to **locating and directions. Abstract rules** (language?) to complete tasks and understanding others are processed in this busy region. Mirror neurons are involved in cultural hypnosis ‘copying protocols’ or ‘copying urges’ if you prefer.
- **Ventrolateral prefrontal cortex.** It is involved in control of body movements, inhibiting them if need be. Involved in **attention shifting** to new cues in the environment. Covert (noticing) and overt (eye shifts etc.) attention shifts occur here also. Note: *attention can shift covertly to objects, locations, or even thoughts while the eyes remain fixated!* *Hypnosis!!!!*

Right hemisphere.

- **Occipital.** See above.
- **Midcingulate cortex (MCC).** That bit involved in feelings and reasoning etc. Remember the banana shaped bit?

Our senses, body awareness - manipulation and movement, visualisation abilities, ability to copy, mentally rehearse, directionalisation of attention, processing of abstract instructions (Ericksonian hypnosis) are all activated by parts of the brain in what we call ‘hypnosis’ – just as I said in my first book. Yes, I am a smarty pants!

This research also puts pay to the idea of hypnosis always being a predominantly right brained affair. Multiple brain regions are activated all at once in inductions and during varying therapeutic interventions, stage shows etc. Milton Erickson worked all this out through experience intuitively, without knowing what parts of the brain were being activated – but he was right! Genius!

How hypnosis alters pain perception in the brain.

Neuroscience has merely confirmed what intelligent hypnotists have known for a long time: hypnosis does powerfully modify pain perception. Specific and observable changes have been recorded on fMRI (Functional magnetic resonance imaging – which detects blood flow alterations) equipment. Pain is not localised in the brain but covers several regions – it is, as Milton Erickson said over 50 years ago, a ‘construct’. Emotional, behavioural, cognitive, motivational and perceptive (location, intensity, duration, ‘quality’) factors play a part in its ‘construction’. Pain must be intense at times so as to ‘out-compete’ other drives and keep us alive and kicking!

The ventral (underside) portion of the anterior cingulate Brodmann area 24a (see diagrams 4 and 5) is known to be involved in pain modulation during hypnosis, especially in **emotional factors** involved in pain perceptions and intensity. Francis Crick, co-discoverer of DNA, claimed that this region was the seat of human free will. The midcingulate cortex (MCC - feeling bit of brain) somehow modifies this area during hypnotic pain control involving pleasant memory recall. The midcingulate region receives messages from the somatosensory areas (physical sensations). During hypnosis the MCC increases activity in a large area of ‘pain matrix’ neural networks, these include:

Prefrontal cortex. Personality expression, goals, social awareness, decision making, problem solving, judgement – conscious mind acts.

Insular cortex. Emotion, body homeostasis, perception, motor control, self-awareness, cognitive functioning (knowledge, computation, language, memory, attention etc.), generation of internal hologram of physiological states. During hypnosis emotional and perceptive factors in pain are thought

to be altered via ‘altered communication’ patterns between this region and the MCC.

Pregenula cortex. Self-conscious emotions, such as shame, embarrassment, perception of pleasant feelings - tastes, smells etc.

Pre-supplementary motor area (SMA). Movement control (ideomotor responses?), stabilisation, walking, leaping, climbing, full body representation (hologram), coordinating temporal sequences of actions and non-sequential, uni and bi manual (one or both hands) coordination and the **initiation of internally generated** and external stimulus-cued movements. This was clearly the part of the brain Estabrooks took over in his subjects, see book 6, ‘Crafting hypnotic spells’.

Thalamus. Information switchboard area. All sensory information but smell ‘pass through it’ on route to appropriate brain regions. Sleep, wakefulness, alertness modulated here. Pain thresholds are monitored here.

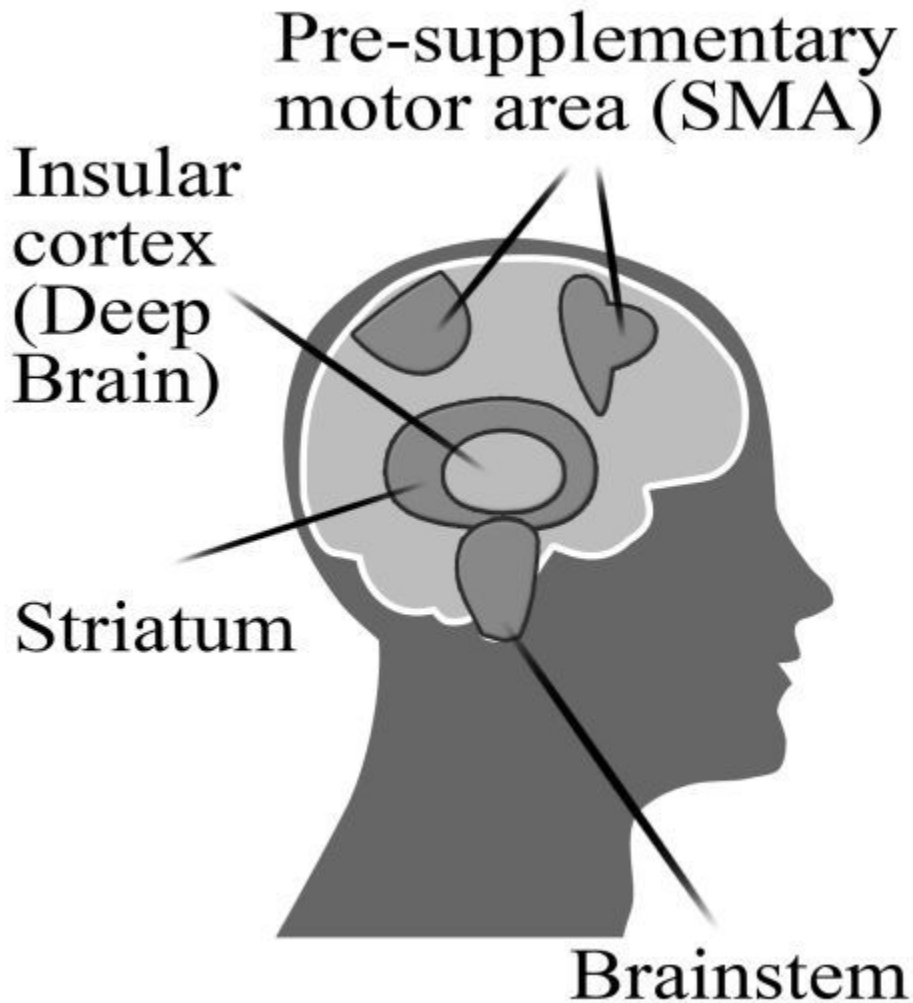
Basal ganglia. Eye movement, motivation, aversive movement away from painful stimulus. Dopamine release role in motivating behaviour through pleasure principle.

Striatum. Linked to the basal ganglia, involved in body movement and its inhibition. It is also involved in conscious mind (executive function) roles such as short term memory, dopamine motivation centres (brain reward centres), novelty-based decisions: aversive, unique, new, unexpected, intense stimuli and any triggers associated with these factors.

Brainstem (midbrain). Balance, fine and rough touch, pain sensitivity, vibration, temperature, itching, heart rate, breathing, eating, sleeping (regulates sleep cycle), maintaining conscious awareness: regulates entire central nervous system. Key role in ***relaying information*** – including pain perceptions, throughout body etc.

See diagram 10 below (this illustrates as yet unseen brain regions only)...

Diagram 10: The pain matrix.



Evaluation, attention and memory regarding pain seems to alter as a result of these hypnotic changes. The MCC helps in initiating action and making 'responses' to stimuli including pain. *In hypnosis we can visualise certain key parts of the brain communicating with others in wholly unique ways from usual 'consciousness'.*

Pain control hypnosis is thought to evoke unconscious 'gating mechanisms' which alter the pain messages as I wrote about in book 4, 'Forbidden hypnotic secrets'. There is an extensive script in that book with specific suggestions to evoke these gating abilities.

In the early to mid-2000's studies by Spiegel, Boley and Buchel showed that when a bunch of dumb subjects volunteered to be zapped by a f**king

laser, hypnosis prevented intense pain perceptions from being experienced!!! Who are these guinea pig bitches??! Although the parts of the brain associated with skin touch (somatosensory systems) were still active during hypnosis, obviously registering something was happening to the skin when laser zapped – all the other normal pain involved areas of the brain ‘pain matrix’ were shut down! The pain information was not processed in the usual way! And then some!!!

Interestingly some neuroscientists have rightly concluded as did Dr. Milton Erickson in the early 20th century that **hypnosis is a waking state**. It is a unique though normal ‘altered state’ of *consciousness*. There is no evidence of genuine real sleep occurring at all. Although physically/emotionally tired clients can and do fall asleep sometimes.

Question...

Is the cingulate cortex – especially the anterior cingulate cortex and to a lesser extent, the midcingulate cortex the ‘hypnotic part’ of the brain? Is this the bit we speak to in hypnosis? Is it the location of the elusive ‘subconscious’? Is it ‘consciousness’? Both? Neither? Is it a modulating interface? The mind boggles. Question: should I stop speculating?!

The all-encompassing ACC is also involved in:

- **Appraising the connection between internal and external states.** (Hypnotic fractionation.)
- **Overriding habitual responses.** (Altering habits.)
- **Comparing the sight of a loved one to friends.** (Emotional evaluations and associations.)

All of these are related to hypnotic phenomena. We are getting warmer Kato!

More information on hypnosis and pain control.

Amongst neuroscientists, theories (guessing!) as to the nature of precisely how hypnosis modulates the experience of pain have been narrowed down to two possibilities:

1. Distraction. Usual attention is re-directionalised toward competing stimulus: namely suggestions of relief etc. Essentially physical input of the senses is ignored as attention is placed on auditory input instead. In other words somatosensory (bodily senses – touch, pressure etc.) input channels switch to auditory input channels – that *was* the theory (Hilgard) but now it's changed. But NS studies in the last 15 or so years have proven that distraction (say imagining walking on a beach) and **suggestions for comfort etc. during hypnosis significantly lower specific electrical brain amplitudes associated with pain intensity.** Milton Erickson used this to control his own post-polio pain.
2. Alterations in usual informational processing of 'pain'. Disruption or disorganisation occurs due to 'dissociations' between neural communication pathways in the brain. During hypnosis NS has proven that somatosensory information regarding pain *is* registered but significantly it is dissociated from the usual cognitive motor responses having to do with fight or flight, i.e. getting the f**k away from a pain source. Filters at the thalamic and sub-thalamo (basically the pain sensory detectors of the thalamus telling consciousness/the cerebral cortex that something is not quite right) levels were said to be responsible. Is this in fact so? Recent studies have found this is not the case, and in fact during hypnosis the signals received (brain amplitudes etc. telling us 'Hey something is wrong! Do something dummy!') get much bigger! Is the somatosensory function the 'hidden observer'/'core' or a part of it? I do not know!!!

Breakdowns in neural communication during hypnosis?

NS had shown that gamma wave functions between the somatosensory function/pain awareness-detection and the frontal parts of the brain break down under hypnotic pain control interventions. Basically evaluative processes such as emotion, social context, thought and behavioural responses are temporarily disconnected or at least the signal is weakened so that a full 'pain matrix' response becomes impossible. Gamma wave activity is abolished in the ACC area – it seems **hypnosis does shut down or at least inhibit our conscious mind/frontal lobe capacity.** The hypnotically affected dorsolateral prefrontal cortex area (see diagram 11) is involved in

response inhibition, conscious eye control (hypnotists can begin trance by getting folks to roll their eyes upward + think of NLP eye accessing cues etc.) and the management of ambiguity (hypnotic language/confusion etc.) and a whole host of other conscious mind activities. Gamma waves are linked to consciousness – hypnosis can shut them down and/or move them elsewhere. Words and images – symbols and experiences can shut them down. **Gamma determines our focus.** If this state persists chronically and abnormally it can become permanent. The brain sees it as its habitual state – this is what cults seek to evoke – a permanent hypnotic state. Like cults, cultural hypnosis seeks to shut off normal waking state gamma wave activity, hence consciousness, so that we become programmable. When cultists are rescued they are programmed to speak in tongues, get hysterical and spout slogans: weird information processing acts that stop consciousness from rebooting. Many members of the public have become so acculturated to their waking trance that they think it is wakefulness. Look for the glazed eyes on passers-by.

Diagram 11: Hypnosis ‘dampened’ zone.

Dorsolateral
prefrontal
cortex



Breakdowns in gamma wave oscillations seem to turn groups of brain cells into functionally independent units that are no longer influenced by frontal conscious brain regions. This may explain how parts therapy works. Regions within the brain can be separated off and spoken to independently of analytical interference etc. This may also explain more complex problem such as dissociative trance disorders such as Multiple Personalities etc. Hypnosis is implicated in heightened and lowered gamma waves – heightened with regards to specific focusing, lowered with regards to regional inhibition/dissociation.

Breakdowns occur in/between the following brain zones...

The S2 region of the brain is a part of the primary somatosensory cortex. It, along with other areas, contains a full body map – this area is inhibited during pain control hypnosis following inhibition of conscious mind/prefrontal cortex activity. As **the personality is located** in this region this is why cultists seem to lose their personality and become zombie-robots in cults – this part is literally shut down. The personality is neuro-physiologically absent. Even people in large groups show evidence of losing their personality as we shall see later.

Positive and negative electrical charges are altered/separated in our old friend the ACC during pain control hypnosis.

The superior frontal gyrus is also activated. It lies just under the top of the front of your head and goes back to its middle in a thin layer. It is involved with self-awareness and that function's involvement with sensory input. Its stimulation controls whether we smile or laugh and how intensely – it is the seat of our humour response. No wonder cultists are so glum - it's shut off in them! Think of the fanatically politically correct: no sense of humour!

The inferior frontal gyrus is activated too in pain control hypnosis: (place your hand on your head, just above the hair line – it's the bit just underneath about 3 inches straight down) which influences speech fluency, risk taking behaviour (impairment makes us take more risks etc.). It can stop responses if needed such as pushing a button (the stubborn part located?). Interestingly we change our course of action, and take the risk to change in hypnotherapy. Is this region dampened in soldiers during war so that they run over trenches etc. to certain death? Who knows? Is this the part that is shut down in stage hypnosis making usually shy things act like Rock Stars (loosing inhibitions) etc.? Good question.

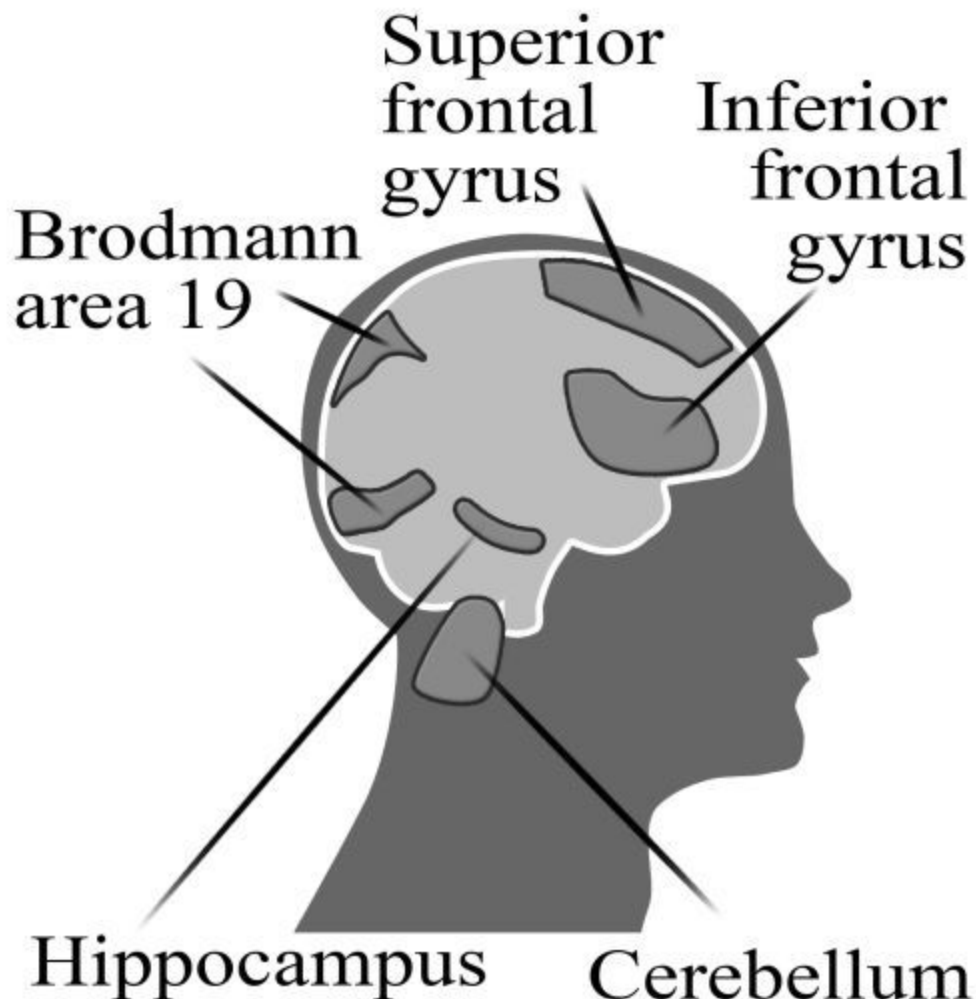
Brodmann area 19 is active also, linked to the 'what and where' of vision. Motion sensing and visual association processes are controlled here: symbols/shapes/features/recognition/integrating all mentioned functions. We know symbols and associations to those symbols are highly important in all communication modes including hypnosis.

The cerebellum joins our little party too. This is a revolting blob hanging under the main brain. See diagram 12. It is an information processing

computer that channels input into other regions but does not initiate them. It can inhibit information input. It has a great deal of plasticity potential – it can learn and change. It is supposedly responsible for generating happiness and our unconscious learning capacities. It is linked to our sense of timing and fine motor (physical acts).

The hippocampus kicks in too! Involved in our sense of smell, our sense of place and navigation/orientation, conscious recollection, fact storage, information consolidation. It is a part of the limbic (emotion brain) system.

Diagram 12: Gamma wave alteration zones in hypnosis.



That these areas are affected we know, what they are doing exactly we don't. Pain control hypnosis affects emotion, memory, learning, information processing, habits, visual-symbolic centres, risk taking, self and bodily awareness centres and inhibition capacities: all at once, using just words! There is clearly much more to what we call 'hypnosis' than meets the eye. If you didn't already are the starting to see how powerful what we call 'hypnosis' really is?! I do hope so. I said in 'Wizards of trance' that **words (symbols) are containers of power.** What do you think?

In hypnosis internal control is ceded to external control.

Various neuroscience studies seem to show that during hypnosis the part of the brain we call consciousness/executive function is indeed impaired from functioning efficiently and automatically all by itself. In response to goal directed behaviour and strategies to achieve it when novel challenges arise, the conscious, preconscious and subconscious minds (see book 2 – the exact mechanics and interplay are unknown) will find alternatives and adjust strategies in accordance to successful goal completion. In other words, there is awareness of challenges and a series of responses – these two functions are controlled and generated internally. In hypnosis although a person is aware of any challenge/obstacle to usual goal directed behaviour, 'dampening factors' are engendered which prevent the part that is aware from communicating with the part that generates new strategies to enable it to achieve goals. Cognitive-behavioural output is halted. Again the part affected seems to be our old friend the ACC. It is numbed or paralysed, suspended in judgement somehow; stunned if you like by hypnosis. When this occurs **the hypnotist becomes the idea generation function of the subject's brain. Unable to internally generate ideas themselves to complete tasks successfully the hypnotist must suggest them.** *In effect: the hypnotist, via word input alone, chooses paths of thought, emotion, perception, sensation and action for the subject; he or she redirectionalis the mind. In effect the hypnotist BECOMES this executive function of mind!* Some have suggested frontal lobe impairment (planning, motivation, reward, attention, morality, social appropriateness – 'suppression', future consequences, fact retrieval, emotion memories, *choice and personality* etc.) for the duration of a hypnotic process – this

also suggests that the hypnotist becomes the ‘executive mind function’ of his subject temporarily unless of course you are running a cult and then this role is taken over permanently.

Essentially the person cannot act unless promoted and when external commands etc. are given, due to a cessation of the individual’s conscious mind function, the command is acted upon *automatically*, even robotically and with higher than usual efficiency. Failing to act until an expert tells you how and when is an example of a variety of cultural waking hypnosis. Worse still school teachers, the media et al take on this role as often as they are allowed to. In any situation in which there is perceived power disparity this sort of process will occur frequently.

In hypnotherapy and with a skilled hypnotist such a temporary condition is fine but it is no way to habitually live. Cultural hypnosis presupposes this sort of response: should it? This is how pattern interrupts of any kind work, how rapid environmental change induces fugue states, how rapid inductions shock someone into trance, how bullying on the spot induces hypnosis – heightens suggestibility and reduces self-worth. Are you getting the picture buster?!

True waking state = internal volition. (Choice!)

Hypnosis = external prompts. (Programmed/suggested automaticity!)

In closing: ***In a covert hypnotic state unwanted hypnotic realities and verbal universes may be created in the unsuspecting.***

Which is the best therapeutic form of hypnosis? Ericksonian permissive style hypnosis rather than direct-dictating stimulates the creative faculties to find new solutions to problems via re-association with latent resources and the evokes inborn creative potentials. More on this positive side later.

Exploring gamma waves and hypnosis in depth.

I had heard about gamma rays; these were used to turn Dr. David Banner into the incredible hulk. But gamma waves? Gamma waves and hypnosis?! We were all taught about alpha and theta etc. right? WRONG!

I have already written about gamma waves (approx. 40 Hz or thereabouts). These occur when we are aware, awake alert, focused aroused – they indicate where our consciousness is currently directed. Studies in the last 20 years in NS have now proven that **when someone is hypnotised the gamma activity associated with frontal lobe/ACC conscious mind processing is dampened or shut out completely and the gamma activity ‘moves’/shifts elsewhere in the brain.** In the early phase of hypnosis, the gamma activity is localised almost exclusively in the left (roughly conscious) hemisphere. As hypnosis proceeds the gamma shifts over to the right (unconscious activity). Wherever the hypnotist ‘sends’ the brain with regard to suggestive content matter, that is where the focused arousal signified by gamma goes. **This is why hypnosis IS an ‘altered state of consciousness’. Consciousness has not gone – it has merely shifted elsewhere.** This is why Erickson said that in hypnosis you ‘...feed the conscious to the subconscious...’ Our old friend P300 is found to have gone walkabout. Therefore alertness, attention to environmental cues and conscious choice is inoperative.

Visualisation in dreaming and seeing real objects in real life affect the brain in the same way with regards to gamma activity. This is the explanation for hallucinations and ‘psychosis’ (processing reality through the dreaming brain). In hypnosis, gamma activity shifts from the left to right hemisphere in the waking state. Actual information/input from external reality is inhibited or distorted. The neural networks that deal with our capacity to focus attention and recognise objects/faces/inputs etc. are all interlinked across the brain at varying sites – as they fire together they bind and integrate incoming information and its processing. Hypnosis can alter this. Hypnosis takes usual conscious mind information processing and replaces it with unconscious processing. This is why we talk about ‘dissociation’ in hypnosis: as the conscious faculty is down effectively, and we are ignoring some input, and solely focusing on others or one other, the subject feels ‘dissociated’; he or she is processing information differently. In this state our ability to make conscious choices is prevented/inhibited. We become suggestible and programmable. When the executive function is ‘dissociated’ or ‘gamma-less’ we cannot self-reliantly generate choice: we

need a prompter or we can't function. And importantly: our internal hologram can be adjusted.

This is why **trust is so vital in hypnosis**. The brain knows it is wide open and although it has protective mechanisms the subject is 'vulnerable' (open to influence); consciously and unconsciously they know this. Paradoxically this fear (emotion = 'emotonosis', see 'Forbidden hypnotic secrets') makes them even more suggestible!

New clients tend not to 'let go' so much as opposed to with the people you've hypnotised before: conscious and unconscious defence mechanisms are ready to fend off unwanted ideas etc. But in disguised/covert hypnosis gamma elicitation they have no chance. The 'enemy' isn't even identified as such, perhaps until too late or never! This is why cultural hypnosis is so powerful and so potentially dangerous.

The West is becoming an overt cult: a cult whose economic-socio-religion is the never-ending change-process of 'globalisation'. And it's deeply hazardous to mental and physical health. Globalisation is a violently destructive and destabilising: disrupting normal environmental cues and individual's normal informational processing subsystems; creating as in any cult, crisis (globally), neurosis, psychosis and even death. This is the well-known effect of political psychopathy on normal humans.

NS studies in what is called 'schizophrenia' have shown non-dominant right brain entrapment. This does not mean that hypnosis is a form of temporary psychosis, it isn't. When used correctly it is the fastest, safest and most cost effective psychological change technique known to man.

Creativity, flexibility, genetic abilities to focus and become absorbed and easy access to our emotional capacities help foster 'hypnotic responsiveness'. 'Low hypnotisables' show a decreased capacity to direct attention and 'send' gamma waves where they are needed. Gamma waves are the life blood of hypnotic communication.

When a hypnotist directs attention to a client's feet, gamma waves are being shifted to the feet; direction to the calf muscle means gamma waves are shifted there and so not to usual contents of 'consciousness'. When we

visualise we ‘send’ gamma waves to the part of the brain that does so. Geddit? This is why hypnosis and attention-absorption-focus-arousal patterns are of such vital importance. You get more of what you focus on – including gamma waves apparently.

Brainwashed cultists are essentially in a continuously programmable, semi-dream state. A form of ‘functional psychosis’; some doctors have even said as much. In fact they need more programming to be able to operate as their choice faculty is gone! Many people who are being broken down by cults cannot take the procedures – they become anxious, depressed and at worst suicidal. ‘Communism’ was a cult that took over a country: namely poor old Russia. Then it spread globally. Those who ‘survive’ brainwashing have their capacity for rational thinking and their old personalities snuffed out. Their gamma waves are in the wrong place. In order to deprogram anyone you must shift the gamma back to frontal lobe/ACC conscious mind functions. Then the old personality can ‘snap’ back into place.

Hypnosis is about controlling where the old gamma waves go, a kind of skilled gamma wave dance! Weird! This is as new to me as it is to you!

Interestingly when we focus on negative memories we access the emotional right brain and we direct the flow of attention away from the left/conscious hemisphere. When we recall nice memories both parts of the brain ‘light up’ – the left hemisphere recalls the material (working memory) and analyses the emotional content retrieved. The right checks to see if the left got the goodies okay! This is why psychoanalysis is conversational hypnosis and is dangerous. Negative biographical recall is a mainstay of Freud’s cult and of all other cults for that matter. It is very hypnotic: going straight for emotional content as we see. The gamma waves are focused on negative trance states (trauma, depression, anxiety, guilt etc.) and powerfully unpleasant emotions. This being where the gamma waves become habitually locked; the ‘patient’ (victim) ceases to be able to function, stuck in a loop of unproductive past rumination and emotional arousal - both signs of depression. If this continues sleep is disrupted as the dreaming brain tries to flush out the anxiety. If this continues unabated the person’s brain tries to flush out the anxiety during the day - processing reality through the dreaming brain or what we call ‘psychosis’. Again: cults, of any

kind, trap people in predominantly right brained information gamma focused processes.

Hypnotic gamma exists in eyes open trances, such as TV watching! Is a hypnotist just a gamma wave manipulator? The future of hypnosis seems to be focused on the specifics of gamma waves and their role in trance experiences. Much is still yet unknown. We do know that gamma remains elevated after meditation – does it do so in hypnosis? If so, does this explain why people are still suggestible for up to 5 minutes or more after a hypnotic session?

What is the ‘unity of consciousness’ and why should hypnotists be bothered?

Philosophers of mind (PMs? - yes you can get such a ‘job’) suggest that ‘consciousness’ is such because it is ‘unified’. We experience it not in parts of information but as a unified whole. Some of these ner-do-wells have also laid out some quaint theories as to the nature of hypnosis, unconscious and conscious mentation. The dominant ones are:

The ‘zombie’ model: broadly speaking there is an unconscious, autonomous, dissociated (from consciousness) level of mentation. It acts as an unconscious executive function. This was broadly speaking Milton Erickson’s model. PMs don’t like this as it isn’t provable with lab tests: therefore it can’t be measured – yes but it can be inferred you stupid bastards. Technically a zombie is someone who seems conscious and seemingly carries out conscious acts but who is in fact acting unconsciously, without awareness: a good description of much of the general population! This model claims to explain automatic writing etc.

The two-stream model: This is dragged from neo-dissociation ramblings. When someone is hypnotised, part of the executive function is split off and it does executive type things out of the awareness of the other part. This is said to explain the ‘hidden observer’ which, as I’ve said, may be nothing more as far as I’m concerned than a suggestive presupposition that creates a hypnotically induced alter personality. Effectively it is a suggestion to experience dual personality. The non-hypnotised executive is not aware of

pain but the hypnotised part is etc. You can suggest a ‘hidden observer’ thus...

‘When I do x (trigger of choice) I will be able to talk to a hidden part of you that knows exactly what’s going on in your body. Things that the part I’m talking to now is currently unaware of. That part won’t know I’m talking to you the hidden part, even when it’s talking and responding to me.’

This seems a damn good way to create multiple personality. It might not but as a pro I wouldn’t take the risk.

The switch model: This is simply altering the *contents* of consciousness. That is that which I am currently aware of until someone or something attracts or directs my attention elsewhere for example. Say I have a sprained ankle and it hurts and as I hobble along I bang my head on a low tree branch. You get the idea – the so-called ‘hidden observer’ is just redirection. Focus on your feeling in your right big toe. Now your left. Is that a ‘hidden observer’ or did you just change focus? You can’t attend to all internal or external experience at once. Only temporally ‘important’ factors pass through to consciousness. Many unconscious processes are probably incapable of becoming conscious.

There are both conscious and unconscious levels of mentation and refocusing of awareness going on at any one time: it is quite simple really. The brain can do more than one thing at once: if it couldn’t - you be dead.

‘Philosophers of mind’ are just as dumb it seems as psychologists. All mental masturbation and re-inventing the wheel and crying Eureka!

The role of the imagination in hypnosis.

In 1992 Hilgard wrote that during hypnosis the flow of incoming information does not pass through the conscious executive function in the usual all-encompassing way. Essentially the general-reality reorientation is impaired in some way. As this subsystem reality monitor ‘goes down’ the

imagination is taken to be reality input information.

That is, in hypnosis the ‘mind’ can’t distinguish between reality and imagination; more properly that imagination becomes the subject’s reality!

Their internal imaginative hologram therefore becomes plastic, pliable... programmable? Partially, more accurately, in hypnosis the 'subconscious/unconscious structures' can be communicated with via imaginative constructs – symbols of varying kinds. The unconscious etc. is well aware of the difference between reality and fantasy. We will look at the role of visual symbols when we examine the strange case of the phonetic (Phoenician) alphabet letter. Dissociation between sensory functions begins in early childhood – at school in fact.

Okay. What does NS have to say about the various dissociation theories?

Neuroscience and dissociation: the psycho-biological structure of hypnotic arm lifts.

We looked at various psychologists best guess as to what hypnosis really is earlier on. But what does the evidence from the latest neuroscience tell us about 'dissociation' whatever that is?! Let's look at what the nerd-boffins (Meil, Wolper, Weiller - 1996) found out when they used a PET (Positron Emission Tomography – a *radioactive* acquired 3D computer scan of brain layers! The person is injected with a radioactive isotope! What?????) scan on hypnotic subjects experiencing hypnotic arm lifts. What changes occurred in the brain?

We experience our movements as under our control by and large, unless we are hypnotised to experience various ideomotor functions: arm/hand lifts, arm rigidity (catalepsy), finger wiggles etc. The parts of the brain involved in this are:

1. **The cerebellum.** Again. It is an information processing computer that channels input into other regions but does not initiate them. *It can inhibit information input.* It has a great deal of plasticity potential – it can learn and change. It is responsible for generating happiness and our unconscious learning capacities. It is linked to our sense of timing and fine motor (physical acts).
2. **The parietal operculum.** Part of the parietal lobe (place you hand just behind you head's crown). Basically in this instance it would be

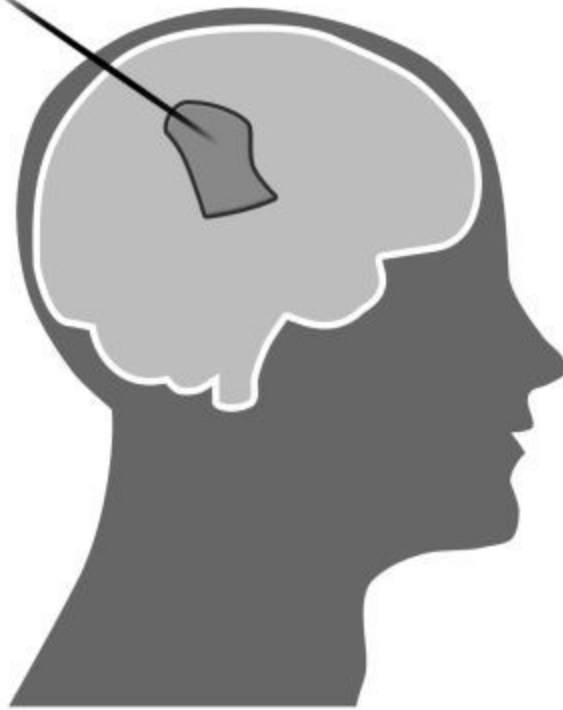
involved in sensory awareness of body parts, hand manipulation and movement/awareness of space etc.

3. **Frontal cortical regions.** Reward, attention, short-term memory tasks, planning, motivation etc. (conscious/executive mind functions).

See diagram 13 below...

Diagram 13: Brain regions affected by hypnotic arm lifts.

Parietal
operculum



When we are about to carry out a movement our brains produce what is called an ‘efference copy’ (EC) – literally a neural representation of what we might do physically: known as ‘motor commands’. This happens in conjunction with the ‘motor intentions’ that activate the commands. The EC is a model of what the consequences of such an action will be. This is then linked to the actual movement that occurs in reality to check for feedback on the intention if you like. **We rapidly conceive subconsciously before we act.** The EC ‘hologram’ is checked against the sensory feedback of reality and it is believed that it is the cerebellum that does the checking/mediation/monitoring. When the EC and actual movement match, the movement it is seen as *consciously* wanted and decided upon. The

neural representations of the EC are most active when the EC and act don't match – it is seen as involuntary. You didn't intend to do it in other words! In a hypnotic arm lift the neural representation of the EC and its neural subsections listed above, goes into overdrive!

We conclude therefore that: motor intentions (the desire to act/move consciously intentionally) were not able to connect with ongoing real world movement – there's no feedback signal; action and intention do not tally. Somewhere along the line the signal has been blocked. Structures which could intervene and stop a movement etc. are cut off, inoperative. The sensory feedback system is inhibited. Therefore we perceive the movement as not intentional and of subconscious origin. The two feedback systems have been temporarily severed, dissociated from one another. One acts independently of the other. This is why Milton Erickson talked about 'autonomous (independent) acts' in hypnosis. The usual feedback communication systems were offline. Again we see executive frontal brain conscious functions rendered inoperative.

Hypnotic confusion and the anterior cingulate cortex.

Our goals are represented in the PFC (prefrontal cortex – planning, personality, decisions). The SAS (Supervisory Attention System – remember the conscious mind monitoring bit linked to freedom of choice etc.?) adjusts our responses in the face of challenges according to feedback input. Are we being successful? If not what else can we try? What would be best etc.? Researchers call these 'conflicts'. Again our old friend the ACC is believed to be the seat of SAS functions (Anterior cingulate cortex - *autonomic functions*: regulating blood pressure, heart rate; *rational cognitive functions*: reward anticipation, decision-making, empathy, **impulse control**, and emotion.) looks for more information from the goal representation (what you want) in consciousness to help it carry out this supervisory role as feedback mediator between what is wanted and what is done to get it. In hypnotic tests of cognitive tasks this is the part affected – inhibited, shut down somewhat etc. This is what we call confusion.

Confusion can trigger hypnosis by knocking out the SAS function within the ACC! If that makes any sense???! If you give someone too

much to do at once (overload) or utter ambiguous nonsense (hypnotic language etc.) the SAS function gets confused – there is too much conflict – it needs a break! The ACC is trying to do too much; it becomes differently activated in hypnotic confusion, trying to work out what is best. When this occurs we make errors, as we do when stressed, fearful or confused! The monitoring of the SAS doesn't always go away totally but conscious decision making is not as rapid or flexible.

This is why we don't fully lose conscious control in therapeutic hypnosis. It seems that the goals remain in mind BUT the ability to access new choice/tasks is hindered in hypnosis. This is why the ACC goes haywire! The goals and self-generated selection of responses is impeded: again – dissociation: the mutual feedback signals can't get through. We become paralysed without guidance or...aha! A suggestion...

Gamma wave tests boost this line of thought. In normal waking consciousness the goal and choice/task regions intercommunicate and produce a unified representation of goal-choice-feedback etc. In hypnosis the gamma waves do not show coherence. They differ in gamma amplitude oscillations – the signalling is not working as it should. Functions that were connected are separate or at least signalling in a weaker fashion – they're dissociated. In this state we can't access old habits so automatically (remember contention scheduling) – the associational links are disrupted and new ones can be elicited. Good in therapy; bad in a cult. Again: this is why real hypnotherapy is not about programming but re-association.

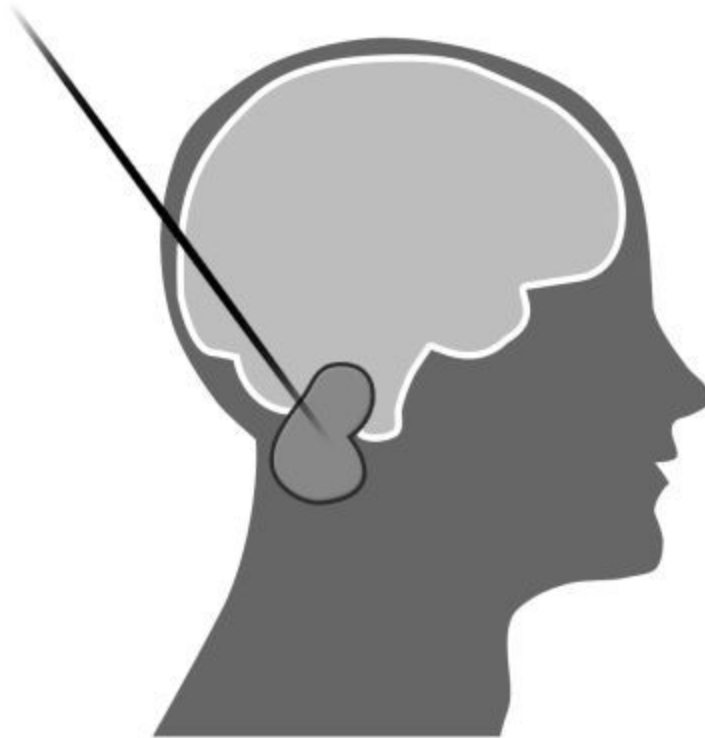
NS (Kaiser 1997) has shown that PE or 'error related positivity' (who makes these vile phrases up?) or in human language: evaluation, behaviour flexibility and error- process awareness capacity is weakened/dampened in hypnotic states. We know that P3 brain waves associated with novelty and alertness are weakened in the hypnotic state too. It also seems that during hypnosis our old friend the ACC (Aston-Jones/Cohen 2005) affects the usual behaviour of the...wait for it:

Locus coeruleus. (See diagram 14 please.) This is the part of the brain which when triggered activates the stress-panic response physiologically (how your body responds). It releases noradrenaline so that we are more

aware, alert and able to be vigilant. It is also involved in: arousal and the sleep-wake cycle, attention and memory, behavioural flexibility, behavioural inhibition, cognitive control, emotions, neuroplasticity and posture and balance (tipping someone backward in hypnosis!). Notice how varying functions are not wholly localised in one brain area. It is inactive during REM sleep. It is part of the Reticular Activating System (RAS) which controls/modulates the sleep-wake cycle. In wakefulness it ensures that gamma waves are emitted!!! The RAS is involved in alertness and pain. Does the ACC 'tell' the locus coeruleus to take a chill pill in hypnosis??? It does more than that, modulating a wide variety of its functions. *In hypnosis the role of the ACC is altered quite profoundly. This may be the KEY discovery of neuroscience with regards to all hypnotic phenomena. I cannot stress this enough.*

Diagram 14: The locus coeruleus.

Locus
coeruleus



The role of the ACC in hypnosis is highly complex. Similar regions are more active in response to differing hypnotic phenomena. Processes of monitoring, evaluation and emotion processing are affected in ways not yet known (or not revealed to us). The monitoring functions of behaviour regulation are not as easily accessible in the hypnotic state. The control of our controlling conscious functions is offline. 'Hypnotic consciousness' dampens our conscious control. We now have a working theory of why suggestions actually work on the human brain. I find these revelations both potentially terrifying and alarming with regards to cultural hypnosis and extremely hopeful with respect to hypnotherapy. **We now have a better understanding of how the brain processes information differently during the hypnotic state and why it is fundamental that people DO**

NOT allow anyone to access their subconscious structures without a hefty dose of trust involved! Who are you letting into your brain when you watch TV or listen to the radio or read a book or website in that culturally acceptable hypnotic state? What do you actually know about them? I mean really fking think about that folks. When I discuss the ‘media’, Hollywood and the music industry etc. later it will give you much pause for thought.**

Hypnosis as an altered state of consciousness.

Recent research by Jamieson and Hasegawa has tried to provide a ‘unified field theory’ of hypnosis. By bringing together all the existing theoretical standpoints of hypnosis and separating the wheat from the chaff and basing their approach on ideas of ‘levels of experience’ derived from Victorian models and up to date cybernetics they have proposed the following 3 structured framework so as to better understand what hypnosis is and find out if it is indeed a discreet ‘altered state’.

Level 1 – the physical domain. This is broadly – society, individuals, tissues, cells, molecules, atoms etc. Matters concerning physical reality involved in influencing hypnotic phenomena.

Level 2 – the experiential domain. The subjective experience of a ‘hypnotic subject’ – content, meaning, expectation, beliefs, imagination, motivation, physical responses, feelings etc.

Level 3 – the informational level. The content and transformation of information embodied in real world physical occurrence and its expression. We have discussed gamma waves being transformed and altered in the brain in hypnosis – this is one example. Amnesia (memory retrieval information) and the executive function/conscious mind dampening in hypnosis being others. This will be important when we look at cults.

The theory is: in order for hypnosis to be an altered state proper similar processes that are coherent and distinct to the hypnotic state must be simultaneously occurring. I will add in a note, many researchers say correctly that ‘hypnotic phenomena’ occurs in ‘waking states’ (their definition) and so does ‘suggestibility’. But if we take into account

obedience to authority, the fact that waking consciousness is not wholly uniform - e.g. thinking as opposed to creativity/daydreaming, and the human reality that vast hordes of people on earth live in culturally induced waking trances means we should pause before saying therefore 'hypnosis' does not exist. I am starting to wonder if wakefulness exists!!!

Neuronal reorganisation occurs in many states – 'waking', sleep, REM dream sleep etc. The above-mentioned scientists do not know or have the courage to say anything new or different in conclusion to their research but we have seen throughout, have we not, that **multiple changes are obviously occurring in brain processes during hypnotic trance: physically, informationally and experientially.** To suggest otherwise is clearly rather stupid. Something is altered when it is different. Hypnosis is different alright! Enhanced suggestibility is not, as some hypno-virgins who need to do more research before pontificating, linked to hypnosis or trance necessarily. 'Science' is just what scientist a, b and c thought at some point in history. Science is the history of guessing, and some of the guesses are really, really dumb!

In hypnosis multiple and differing brain regions are affected simultaneously.

As the weird boffins carry on their angels on the head of a pin debates we *can* learn something: there is no one brain region, altered brain waves, blood flow etc. that defines hypnosis – multiple and non-uniform regions are activated depending on tasks/suggestions and their goals. All human brains are similar but unique and different – this is what the pseudo-scientists can't get their head's around. We do know that if a person is given a suggestion in hypnosis the exact same brain areas light up as if an experience/action etc. was really happening. **Hypnotically suggested input is transformed via the brain's information processing subsystems activated by hypnosis as being reality.**

Once more: this is alarming in the study of cultural hypnosis; it explains why vast hordes have no or little fantasy-reality dividing line. It is hopeful for the therapist as it proves the effects of his profession are very real indeed to the ignorant. Alpha and theta waves do change (increase) but not

in consistent ways across individuals: hypnosis is an entirely subjective response psycho-physiologically but then so is speaking a language. Hypnosis is a multi-modular state – lots of different things are going on at once and that's no surprise with a human brain which is a labyrinthine complex thing indeed.

Factors affecting suggestion: again.

Stress levels, personality, immune system health, gregariousness or shyness, poverty or wealth, the subjectivity of perception and emotion (negative affect etc.) all affect how hypnotic suggestions are processed at unconscious levels in ways that are not at all understood. Differences in the corpus callosum brain region have been found to influence hypnotisability and suggestibility; the callosum is a connective area between hemispheres sending info on movement, visual processing - including a map of the visual world, feelings, navigation, touch and more. It is bigger in certain regions in girls and women and is even linked to our very sense of gender identity. The increased size of the rostrum area within it has been linked to heightened hypnotic potential. The increased size in terms of comparative volume of the callosum is linked to women's greater (on average) verbal fluency. People with a larger splenium area of the callosum tend to do better in fluency tests – women's splenium area is bigger than men's. There is also greater interconnectivity between hemispheres in women. *Herein lies a strength and weakness/vulnerability for women: if exploited, this greater capacity to emotionally-physically experience words as well as rationally comprehend them leaves them open in the waking state to suggestion via emotional language, imagery, symbology and programming in varying degrees of socio-emotive influence. Men are manipulated too but in ways tailored to them.*

Words are powerful – we know they can radically alter the brain *physically*, especially so in women. Women reading this book should take this fact into account so as to better protect themselves from unwanted 'persuasion'. If you want to nudge a woman's thinking you get her worrying about her sense of security: that's the key.

Scientists have recently admitted (much of what they say is confused and contradictory) that ‘low hypnotisables’ may just be bored, frustrated or simply not motivated and including them in studies has unduly skewed data so that confusion reigns as to the secrets of hypnosis lurking in the brain. Again it is the standardised approach to hypnosis that causes the scientists failure. Even brainwashed people have differences. Brain diversity is the norm for mankind. This is why cultural hypnosis is so vile: it dehumanises man by its very existence – it ‘says’ in effect, ‘You shall think, feel and live as one.’ Man is not an insect.

Note: neural activity is exquisitely sensitive to suggestion wording. This is why it is important that you mind your language when communicating in general and especially so in hypnosis.

What is a state?

A state is a discreet subjective mental experience or process. Anger, fear, lust, optimism all have state components that mark them as different from other states. NS has shown they are experienced in differing brain regions: there are unique physical regions of the brain that are affected, including in hypnosis. If you have ever experienced real therapeutic hypnosis and most haven’t – you will know only too well that you are in a profoundly altered state: that’s your real proof. Who cares what some dumb ass with his silly machines think? If I step on your foot you know it’s been stepped on. Do you need a scientist to go get his tool kit to verify it? Do you depend on white coated priests to tell you what reality is? Look, science has its uses and its limitations. The ‘primacy of number’ and the secondary nature of the personal is one of the key components of the religion of science known as ‘Scientism’. In relatively modern times this ‘tradition’ stretches back to Galileo and further still to Bacon. Both saw nature as a thing to be ‘tortured’ till it gave up its secrets; underlying this was a desire to use science to bend nature to man’s dominance and the expert’s dominance over other men.

Hypnotic states of consciousness.

In 2003 Neuroscientists Rainville and Price admitted that suggestions administered in hypnosis do alter subjective states!!! We f**king know they

do!!! Anyway, an admission is something. Between 1986 and 2005 a series of studies on people's subjective ratings of hypnotic experience found that when 'neutral hypnosis' was induced the following changes in experience occurred:

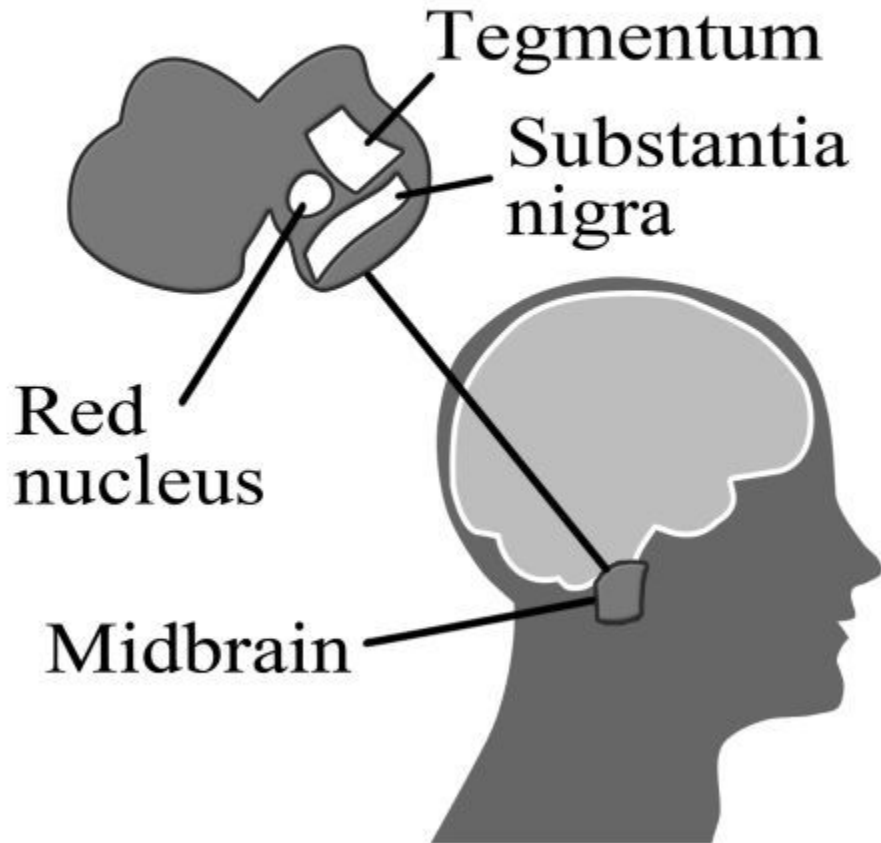
- Decreased positive emotions like joy, lust, love.
- No difference in sexual arousal or any other type of arousal.
- Intense vividness of imagery.
- Vivid imagery and positive emotions were intensified.
- Increased ability/intensification of internal processes, focus/attention.
- Negative emotions like anger and sadness.
- A lack of self-awareness.
- Physical dissociations. (Feeling body parts were separate.)
- A lack of internal dialogue.
- A lack of rational thinking or rational processes.
- A lack of self-control.
- A loss of memory.
- Altered time sense.
- Altered perceptions.
- Changed body image.
- Altered meanings.
- Inward focus.
- Attention/absorption intensified.
- Another study found that mental ease increased.

Highly hypnotisable people are found to underestimate the hypnotic experience they'll subsequently have. I have found this with almost all my clients. They are often blown away! The profound changes hypnosis creates are as important as any biased expectancies before induction – subjective changes reinforce success. Funnily enough some of these above-mentioned subjectivities resemble 'depression' which is a negative pathological trance state induced by too much worry. This is also why the human brain must be directionalised in trance as I have said in my other books. So what changes occurred in the brain going back to our 2003 study?

- The sensation of relaxation was identified with lower levels of cerebral blood flow in the **mesencephalic tegementum** (the Red Nucleus region helps in controlling everyday body and limb movements, the Reticular Formation region controls arousal and self-consciousness, the Substantia Nigra integrates voluntary movements; also the region known as the lateral tegmental field is the source of several neurons of the noradrenaline system of the brain – which is linked to our arousal levels obviously), thalamus (to recoup: information switchboard area. All sensory information but smell 'pass through it' on route to appropriate brain regions; sleep, wakefulness, alertness modulated here; pain thresholds are monitored here) and the front region of the mid ACC (again!). See diagram 15.
- During absorption the above regions saw increased activity, more or less.

Diagram 15: The mesencephalic tegementum.

Cross section of the Tegmentum Mesencephali



The researchers interpreted their findings as being an indication that:

1. Competing 'processes' acting on the same neurons. Or trying to!
2. 'Parallel structures' within these regions acting all at once.

This means: who knows????! Some researchers (Egner and associates - 2005) broadly speaking concluded that (the following is in my own words): *the contents of consciousness were not altered/dissociated in hypnosis but the processors were. In other words hypnosis alters/shuts down/dampens front brain conscious monitoring subunits responsible for 'consciousness'. Essentially mass-spread brain region activation becomes non-existent or lessened and small, localised regions remain active.*

Hypnosis is a consciousness inter-communication disrupter!!! The brain can't 'talk' to itself as it could in the waking state: bits are isolated/dissociated as a result!

It is the Rogue Hypnotist's contention that separate brain regions controlling various brain functions can be isolated from conscious function matrices during hypnosis and spoken to individually. This explains how you can talk to a irritated bowel and help it heal, how you can negotiate with 'parts' – parts are separate or localised 'brain structures' that can be negotiated with separately without consciousness getting in the way. An analogy is this: let's say you want to seduce a man's daughter – in order to fuck her you have to somehow get dad out of the way! Then you can get her alone and ruin her. You have lulled dad to sleep. Crude aren't I??! This is why it is better/more accurate to talk about 'other than conscious processes' than a subconscious/unconscious as one fixed and monolithic entity. However the brain knows what you mean when you use either term so it doesn't greatly matter. It's almost as if the terms used are like saying, 'Oh that thingamajig...you know...what it's called?!' and someone else manages to decode our unspecified ramblings anyway. Human brains seek to make things meaningful.

Differing responses to trance.

In 1997 researchers Pekula and Forbes tried to measure the subjective differences in the 'trance' state. As I would guess, the responses were as varied as the people tested and showed no uniform response. I include my reworded version of their results:

1. **Classic lows** - High arousal/tension (fear???!). Memory, rational, aware, plenty of self-talk, little to no loss in self-control.
2. **Relaxed lows** - Same as above except for less muscle tension and a tendency to talk a bit less to self during hypnosis.
3. **Non-dialoguing mediums** - Lack of internal dialogue but still rational.
4. **Dialoguing mediums** - More self-chat.

5. **Visualisers** - Excellent visual imagery! Yet still very self-aware, memory well intact. Hypnotised children often fit this category.
6. **Rational high-mediums** - Low internal dialogue yet more rational.
7. **Dialoguing high-mediums** - More internal dialogue yet less rational!!!
Revealing!
8. **Fantasy highs** - Very good visualisers.
9. **Classic highs** - Memory, awareness, rationality, self-talk, images and awareness low or absent entirely! The lights are on but no one's home.

The fact is in one hypnosis session a single person may experience all of the above, as they bob in-out, up-down, think a bit, daydream and loop off into la-la land. So the above is ok as a model but it's not as cut and dried as suggested/imagined.

This should show the wide potential range of responses to what we call 'hypnosis' – it is a subjective state modified by a wide range of circumstances. The new practitioner should not expect to find one monolithic response to his or her suggestions. It also shows that trance is different for different people and that external and observable trance signs are idiosyncratic. Just because someone doesn't 'look' hypnotised doesn't mean they ain't!!! When we start covering cultural hypnosis properly the significance of these findings will be revealed. ***The subjectivity of 'consciousness' and 'altered states of consciousness' is wide-ranging. It may be impossible to quantify is across the whole of humanity: we're just too different!***

In the first five years of the new millennia, Holroyd a researcher of hypnosis developed a 3 factor analysis to explain it. What did he conclude?

Holroyd's hypnosis model.

- **Suggestibility**: Not just in hypnosis proper - in any context. This is just *responsiveness* to a given suggestion. A subset being - **experiencing imaginary suggestions as if real.** This is the essence of

cultural hypnosis. Vivid imagery (imagoic) is not needed; the question is: 'Does the person *experience* the imagined circumstances or not?'

- **Altered states:** When a person is in an altered state (trance/meditation/hypnosis), the imagination is activated and expectancy is primed – suggestibility is enhanced other things being equal.
- **Self-reported trance depth:** '*How deep are you etc. on a scale of 1 -10? 10 being the deepest you can imagine going, 1 the lightest etc.*' Altered state, vividness of imagery and expectancy (therapeutic/suggested/primed etc.) affects 'depth perception.' The more subjectively 'involved' the better.

As far as we know no 'objective' data exists that proves what hypnosis really is to scientists.

Is the neurophysiology of trance different from being 'awake'?

The psychologist William James coined the phrase 'stream of consciousness' to describe human's flow of awareness from moment to moment. I am aware that I am typing. The feel of the keys. That I just ate a piece of bread with pate spread on it etc. But in order for hypnosis to be a true altered state some researchers have argued that it must have specific bio-physiological-behavioural signs/outputs that identify it as such. Such as would be the case with coma, sleep and being awake.

Hypnosis, some NSists have claimed, cannot be neatly fitted into some discreet 'meta-state' and therefore does not exist. This is because it has neuro-physiological substrates that are partly found in alertness, sleep and relaxation. Perhaps this is because it is fluid mega-state? In addition just because humans do not have magnetite in their skulls as birds do does not mean that birds can't detect the earth's electromagnetic field. PET scans etc. may not be able to measure what hypnosis is *physically* yet.

Another disturbing thing I noticed with NSists is that a few are trying to promote the idea that there is no difference between hypnosis and wakefulness because wakefulness is alpha! Wakefulness for as long as I can remember has always been associated with beta waves!!! Is this because the general public are so out of it, that they are now perpetually in alpha due to

TV watching etc.? This will be examined later in part 2. Do not underestimate this switch! It makes perfect sense to me.

The brain is a collection of parts that work together, each part having a function or functions that work and interrelate with other parts as and when needed. Hypnosis changes this interrelationship ('functional interconnectivity' – yeah, I don't know what it means and neither do they!) in ways not as yet understood. 'Hypnosis' as with the waking state is a complex affair; again - no single brain region etc. is involved: although gamma has been thought to be involved in hypnotic phenomena some theorists say that this is merely an artefact of increased theta waves which throw out bursts of 7 gamma oscillations at their peak; this is said to be the neuro-physiological correlate of the 7+2 limit of working memory/consciousness. That gamma is involved somehow however is not debated.

Even the very electrical oscillations of the brain are totally unknown in origin. The place where the brain's electricity is generated from is elusive. In my last book I will offer one theory that may answer such questions. However, it seems the whole brain does it and the whole brain alters these electrical feedbacks in various altered states. Some NSists are so noncommittal about anything that they even doubt their own 'measuring devices' and current means of data interpretation. This is fear and 'analysis paralysis', probably caused by 'funding withdrawal phobia' !!! You might invent a theory and someone down the line disproves it after all!

It is fairly obvious to any fair-minded person that massive, profound and unfathomable information processing changes are triggered by the powerfully dynamic and non-linear mega-state process we call 'hypnosis'. In hypnosis the brain-nervous system's intra-communicative abilities are utilised and its usual/habitual processes re-directionalised with essential purpose. The inner absorption characteristic of hypnosis is merely the external indicator that this 'hypnosis process' is taking place deep within the neural-architectonics of the brain etc.

Hypnosis involves 'neural complexity'; dazzlingly complex external input and internal monitoring regulation mechanisms interplay in ways very

different from conscious awareness. Hypnosis is best understood from a 'chaos theory' (non-linear dynamics) approach, in which multiple variables are constantly altering, feeding back upon and adjusting a fluid and moving mega-state; patterns of similarity emerge and diminish in a highly intricate/complex neural dance of vast networks of cooperating cells that emit and communicate electro-chemical information...Exactly! I have no idea what that really means either! But it sounds great!

The biological roots and function of hypnosis.

In order to understand this we must comprehend the functional-utilitarian role of hypnotisability-suggestibility. Does it give us an advantage in survival from any perspective you look at it ('Darwinist', 'Creationist' etc.)? The answer is yes. If you can regulate pain, overcome various mental health problems, learn and retain information, retreat into an immobilised trauma trance to deter predators then that all comes in handy.

The human brain exists in such a way that we have a profound communication ability: of hand dexterity, control over all our face/eye etc. muscles, breathing, tongue and vocal cords. This allowed us to respond *voluntarily* not just as automata. This helped and helps us survive.

We have capacities to inhibit emotional instinctive drives. The higher (neocortex) influences the lower (limbic) brain regions in the waking state: this is known as 'hierarchical integration'. There are many more inhibitory pathways from higher to lower levels than the other way around. Specific control functions over certain reflexes etc. are taken over by a more generalised and unconscious/pre-conscious control grid, this is known as 'encephalisation'.

Human 'infancy' lasts longer than any other species on earth: this is proof of the importance of learning. Suggestibility is high in children because they must often quickly react to parental advice/instructions etc. in order to survive and thrive in their social environment. It is known that children as young as two instantly react to and accept parental commands. Our inner voice is a collection of all authorities we have experienced throughout life: it is this function that switches off or at least is dampened during hypnosis. In fact **children learn words through noticing the intention and the**

perspective of words in any communication not just through exposure and simple repetition. Children form ‘mental representations’ (holograms) of such information. This helps shape what the meaning of words is and how best to relate to others socially.

Imaginative play also performs a vital role in role rehearsal for later life. When we see someone else do something our ‘mirror neurons’ and our own brain regions associated with our own real world involvement in such activities, whatever they are, light up.

As children age, somewhere, sometime between 8 and 13 they become less suggestible as their higher critical functions begin to develop (that’s what should and would happen naturally anyway): they become more independent and start to form their own holograms, being less dependent for survival on parental/authority etc. injunctions: basically our self-regulatory capacities increase as we mature – we develop our own inner voice. Most of the time...

The ACC, our old friend, plays a great role in this; it curls around the top of the corpus callosum. This is interesting - is the physical closeness also related to women’s greater capacity for emotional-cognitive crossover? Higher theta activity in the scalp and ***increased activity in the emotional centres with a parallel dampening of the cognitive executive functions of the ACC is associated with hypnotic states. Hypnosis is clearly involved in changes in emotion-related information processing.*** Pain control studies have revealed that in hypnosis pain is registered but the emotional element is altered changing the overall perception of the ‘pain matrix’ as has been already said. Emotional control has obvious survival value. The ACC modulates thought and decision – executive and evaluative functions. It affects our sense of fear or pleasure and our expectations. The ACC allows you to do things without thinking about them: driving a car etc. Monitoring of a response and context can be dissociated.

The **orbitofrontal cortex** (OFC – see diagram 16), which is just behind the eyes, is also believed to be related to hypnotic phenomena. It is involved in emotion-motivation aspects of all action. It evaluates possible reward or punishment – it is needed to make contextually sound decisions known as

‘adaptive learning’. It is linked to the ACC. It is part of the limbic system, processing info from the hippocampus (smell, our sense of place and navigation/orientation, conscious recollection, fact storage, information consolidation, produces trance theta waves) amygdala (smell, fear response and conditioning, anger response, memory, emotion, social interaction: male and female differences, awareness of body space and whether you are being looked at) and thalamus (information switchboard area: all sensory information but smells ‘pass through it’ on route to appropriate brain regions; sleep, wakefulness, alertness modulated here; pain threshold monitoring). By the way as I said earlier, the repetition is to help you retain the info ;)

Diagram 16: The orbitofrontal cortex.

Orbitofrontal
cortex



Strong eye contact, voice tone and social dominance has also been proven to have a powerful affect in being able to induce hypnotic states alone. A simple visual representation of an eye will produce a significant effect. Hypnosis is related to 'normal' social interactions and attachments.

Have you heard of the 3 brains theory?

1. **The reptile brain:** breathing, sleep-wake cycles, temperature regulation.
2. **Paleomammilian:** emotional processing of the limbic system; involved in - maternal/parental care, communication between mother/father and child, play.
3. **Neomammilian:** problem solving, executive control, reality orientation, concern with external world, language.

Some studies have indicated that hypnosis primarily affects higher level emotional processes; in fact it can modulate all 3 of the above.

Our sense of volition.

Note: studies in brain damaged persons have shown that when the ACC region is harmed a person loses all sense of will and personal motivation/volition. They cannot internally generate willed action, it must be supplied externally.

Feelings of 'knowing' in hypnosis.

Hypnosis is a subjective state in which imagined information is processed as if it is real; this causes beliefs to be acted upon as if they were real.

Hypnosis changes the locus of control (volition) of a subject and his sense of reality.

Some researchers have claimed that both our sense of volition and reality are feelings and not rationally based at all. In other words it is our feelings that create and connect us to reality. We experience this as the feeling that we 'know something known' as the '*feelings of knowing*' a term coined by Woody and Szechtsman in 2000. An obvious example is the experience on knowing we know something, because we have a feeling we do, without

having that information readily at hand because our memory of it is yet to surface. Another example is the ‘emotional glow’ we experience when we are around someone we know and love. This feeling-knowing affects both perception and behaviour in profound ways. Déjà vu is another example. In cults people process objective information without the feeling content: this is what makes them delusional. Our sense of feeling = our sense of reality. Meditation is so dangerous because it disrupts this sense of feeling-knowing and produces the sense of ‘dissociation’.

Delusions and compulsions: hypnotic realities defined.

1. **Hypnosis can induce involuntary compulsions – robotic behaviour that is externally controlled.**
2. **Hypnosis can induce convictions of belief with no verifiability as in psychotic delusions.**

Studies on visual hallucinations proved that the part of the ACC involved in hearing real noises that are externally generated is activated in hypnosis in those capable of experiencing auditory hallucinations. When the subject merely imagined noise this did not occur. Conclusion: *in the hypnotic state the ACC processes internally generated information as if it were real.* Blood flow increased in the front of the ACC in response to real noise and hallucinated noise!!! In hypnosis the external stimulus is absent but the feeling-knowing is present!!! Hypnosis creates a feeling conviction that is interpreted as genuine in the absence of any evidence. Perception alterations would be constructed via experience and expectations. The same effect is created by marijuana – which makes people subjectively feel insightful although they are actually talking drivel. In negative hallucinations subjects are merely experiencing the sense that they don’t have the sense of feeling-knowing: hypnosis directly provides access to experiential-emotional modes of information processing and thus bypasses the rational as Woody and Szechtsman have rightly claimed.

Hypnosis bypasses explicit behavioural responses and allows access to implicit ones. For example...

Explicit memory = conscious recall.

Implicit memory = unconsciously generated behavioural change based on past experiences.

- Hypnotic amnesia interrupts explicit memory recall but the event is stored implicitly. Geddit?
- Hypnotic alterations of perception interrupt explicit conscious perception of a given stimulus, however the implicit perception of the experience of the stimuli is recorded implicitly. The hind legs ain't talking to the head!
- Hypnotically 'blind' subjects avoid walking into chairs.
- Hypnotic movements affect consciously activated muscle groups. Automatic processes are untouched.

In 1994 Kihlstrom proposed a two stream parallel system of information processing:

1. **Overt-cognitive.** This can be fractionated into...
2. **Covert-affective.** The feelings of knowing are dissociated from implicit experience. In other words even if we experience pseudo feelings of knowing, the deeper structures know they aren't real. This would be the 'core', identified in book 2, 'Mastering hypnotic language'. See the section in this book on 'confident idiocy'.

Subliminals/strobonic injections, embedded commands, linguistic priming (see book 4) etc. speak directly to the covert-affective channel and bypass the overt-cognitive conscious one. Hypnotic suggestions primarily alter the 'feeling-knowing' layer of experience and mentation. In hypnosis behaviour is guided by feelings!!!

Hypnosis does not directly affect the *genuine* perceptions, motor acts or reasoning but **in hypnosis feeling states come to predominate other channels of information processing (sensory input etc.)**. Even if external input contradicts the knowing-feeling, in hypnosis the knowing feeling wins.

Emoto-nosis explained.

In this section I will offer a model of how what I called ‘emoto-nosis’ in ‘Forbidden hypnotic secrets’ works. **The manipulation of the emotions is the key to understanding cultural hypnosis.** This is why I said in my first book you get hypnosis through eliciting feelings not with dumb, physical based stage hypnosis tests.

To understand this we need to revisit the 3 level model of the brain and their differences in informational processing.

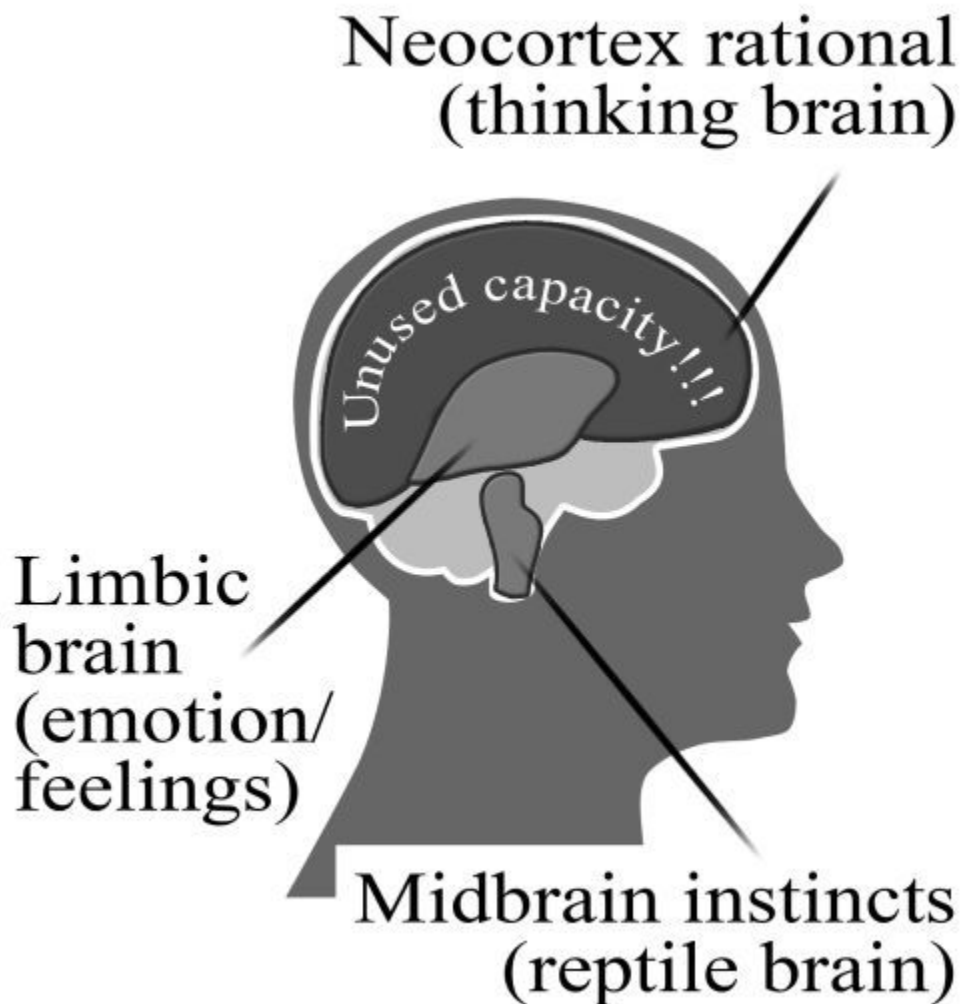
1. At one end of the spectrum we have the **genetic inborn processes** – if I push you, your sense of balance automatically kicks in and tries to rebalance you etc. This part of the brain has few connections and produces a swift, predictable and repeatable response to ensure survival. We share these responses with animals. This is the ‘robot’ level. This is the core of the nervous system – the spinal cord, medulla (base of brain stem – breathing, controls the sympathetic and parasympathetic nervous system – arousal and relaxation, blood pressure, sensors in blood vessels, the reflexes - vomiting, coughing, sneezing, swallowing etc.), the midbrain (vision + hearing information processing pathway, motor control, sleep/wake, arousal - alertness, temperature regulation), the diencephalon (information switchboard, hormone production – including gender based hormone production; freezing, defensive, predator detection response; fear, submissiveness; controls food intake, shiver response, circadian body rhythms: light-dark cycle, moods, sleep, effects of drugs etc.) and the basal ganglia (eye movement, motivation, aversive movement away from painful stimulus; dopamine release role in motivating behaviour through pleasure principle). This region is roughly found just above the spine/brain stem interface. This brain layer is also affected by hypnosis. Linguistically tallying with what we call the ‘unconscious’. See diagram 17 below.
2. At the top end you have the functions of **the neocortex** – the front, outer portions of the front of the brain; in humans it is so big that it represents 80% of the mass of the nervous system! This part is involved in language, abstract thought, decision making, planning and reasoning processes. Learning and optimum performance are key. The

wiring is complex, complex computing is required: they are not fired off automatically. This is the most human part of us; it is what distinguishes us from all other animals. As such this part can be programmed if you know the code: which are symbols i.e. words etc. The output of this level is affected by hypnosis. This area is quite slow and needs time to gather information and plan a well-thought out course of action. This is what we call: 'the conscious mind'. See diagram 17.

3. The middle level is the **limbic system**: the emotive part of our brains – see diagram 17. This part is a mixture of genetics and learning. It is involved in monitoring internal awareness's or 'interoception', such as visceral, digestive, autonomic systems - hunger, thirst, temperature, blood pressure, sexual desire etc. and external sensory awareness (the 5 senses etc.) known as 'exteroception'. It is the part that makes us feel connected and associated. It integrates the two just mentioned processes and most importantly **controls the body's processes which are the basic component parts of our feelings**. Its actions and responses are governed by our survival motivations – our motivated actions in response to instinctive emotions etc. These are located in the middle layer ('trance' – to go between!!!) of the brain. If I try to push you over, after you've reacted instinctively you start to generate behaviours to protect yourself. This layer can process survival related events quicker than the neocortex and can override it if a significant need to do so is perceived. When it gains dominance both neurotransmitters and hormones (chemical messengers) alter so that the role of the neocortex is reduced. This is best summed up by the phrase, 'I just acted instinctively!' Higher level objectives and flexibility in obtaining them are countermanded if the situation and emotions provoked deem such takeover necessary. In other words **when we are emotional we don't think –we react instinctively**. This is an insight of the upmost importance in the understanding of cultural hypnosis. Which we are soon to address in depth. This layer is closest to the linguistic abstraction: 'subconscious'.

All 3 layers work in conjunction with one another.

Diagram 17: The triple level brain regions.



Dominance and hierarchy.

These brain functions mimic human relations of dominance and submission. **That which is deemed important is given greater emotional significance.** Charismatic leaders can hijack this system through cultural hypnotic seduction processes to be outlined later in this book. In authoritarian (and permissive) hypnosis, the hypnotist dominates the will of another as a pack leader would in any animal species in which hierarchy is needed to further the chance of survival. In effect the subject relinquishes their will, motivated by pure survival concerns. Hearing and obedience are linked – the root of the words being the same. **The social nature of man**

leads to the mechanism of hypnosis. Hypnosis usually shortcuts conscious analytical defences, briefly - but powerfully, allowing the manipulation of the internal 'strings and levers' (puppets - puppeteering?!) that leaders throughout history use to dominate all groups. The hypnotist is seen as an all-powerful figure – an archaic authoritarian. Hypnosis is a mechanism for responding in a submissive way to a powerful and dominant other. Family survival, group action may be impossible without it! When you are ill you submit to the will and decisions of a doctor. In short:

Hypnosis captivates a pre-existing, genetic mechanism for obeying leaders in order to survive.

Imagine a family of hunter gatherers. The children are playing not far from the camp fire. The father spots a sabre-toothed lion on the horizon,

‘Run!!!’ he shouts at his offspring. Get the picture?

Critical faculties of questioning are gone (trance logic): survival is paramount. Hypnosis creates feelings that instantly alter perception and actions like the primitive father or leader of the tribe in war. The high motivation of the situation leads the limbic (hypnotic) brain to take over and the neocortex is suppressed. The hypnotic leader becomes (for a while) the executive control of the whole group ensuring survival is possible. The modern hypnotist hijacks this mechanism to help people as did the tribal leader of old – when narrow focus is linked to his voice, the internal voice of the subject is shut down: the hypnotist is the person's inner voice. The cultural hypnotist hijacks it to lead people where it would most please him or his interests: he uses hypnosis to further his survival interests alone.

- **Compliance = consciously, knowingly submitting to an authority by setting aside one's own views etc.**
- **Rational persuasion = intelligent recognition of the advantages of a given position.**
- **Hypnosis = listen and survive, NOW!**

The danger with cultural hypnosis is that the predators are doing the hypnotising. Cappiche?! The only protection is to keep analysing what is

being said, even when danger is perceived. By doing so you keep the neocortex, conscious mind alive – if not? It's zombie time! Do you want your behaviour controlled by cultural hypnotisers through the vivid reality of evoked feelings or rational thoughts linked to tangible reality? This mechanism explains why hypnotherapy works: the client is highly emotionally motivated to act upon suggestions to further their survival chances.

The limbic system is involved in social hierarchy processing. To avoid being hypnotised **NEVER ACCEPT THE PERCEPTION THAT THE PERSON 'HYPNOTISING' YOU IS HIGHER IN THE PECKING ORDER.** Social subordination instantly bypasses the critical faculty and hits the limbic system where it hurts! Suggestions lead to responses only if you submit! Fortunately there is also a mutinous, rebellious defiant part and a powerful protective part of you that can, even in hypnosis, stop you from being manipulated. But they can be conned.

This explains the psycho-social-physiological response of great swathes of the dumbed down public to so called 'authority figures'; see my third book, 'Powerful hypnosis', for greater detail. NS is to a certain extent just dressing up Freud's theories on hypnosis. But there is a great deal of truth in the above.

Interoception and hypnosis.

Interoception lets us know how the body is doing. How it feels at a given time. If you have eaten a rotten fruit you get a tummy upset. This tells you to be more careful about what you eat in future etc. The front of the insula cortex (roughly the midbrain ACC again!) which has a large number of spindle cells capable of enabling fast, complex and highly integrated emotional behaviours in adults controls emotional processes, social relations – disgust, orgasm, empathy responses etc., body homeostasis and it's maintenance – itching, temperature awareness etc., perception, motor control, self-awareness (the sense of 'me' known as 'material me' or 'sentinel self'), our sense of volition (I am doing this/in control), a sense of self through time sequences – past and future, cognitive functioning (knowledge, computation, language, memory, attention etc.), the generation

of an internal hologram of physiological states; pain perception etc. is highly affected and neurologically altered by words, language and sounds and their suitability in eliciting comparable feeling states – e.g. a calm voice to induce calm etc. Music affects this region (its emotional content) and our time perception.

As I said in my first book you can induce hypnosis by getting someone to focus inside on these processes. A profound understanding so far is...

Seducing the ACC is the key to hypnotic success.

The more you know about the ACC and how it processes information, the more powerful a hypnotist, of any kind, you will be.

The neurophysiology of absorption in hypnosis.

What is the biological structure of absorption, hypnotic or otherwise? In 1974 Tellegen and Atkinson created the Tellegen Absorption scale; it had 6 criteria for assessing absorption levels:

1. **Responsiveness to engaging stimuli:** intense, emotional responses to art, nature etc.
2. **Synaesthesia:** cross-modal (sensory) associations. Colours reminding one of music. Smells evoking sounds etc.
3. **'Enhanced cognition':** ESP (extra-sensory perception!!!) and imaginational thinking. Thoughts as images not words, sensing a presence, anticipating the arrival of someone etc.
4. **Oblivious/dissociative involvement:** states of absorption in an activity. TV/play/movie watching, reading, listening to music, eating a great meal etc. One forgets about your surroundings. If absorbed in a film for example, you may experience it as if YOU are in it.
5. **Vivid reminiscence:** obviously past recall is vivid. Almost as if reliving them.

6. **Enhanced awareness:** this is described as ‘mystical peak experiences’. A sense of connectedness to all things. Freud and Hinduism’s (same thing) ‘oceanic feeling’ etc.

Bizarrely these findings found links to something called the so-called ‘self-transcendence scale’ developed by Cloninger and associates in 1994. It had 3 criteria for assessment:

1. **Creative self-forgetfulness vs. self-consciousness:** being so absorbed as to actions and location.
2. **Transpersonal identification vs. personal identification:** ‘mystical union’ – unity with all things etc. All very ‘New Age’.
3. **Spiritual acceptance vs. rational materialism:** paranormal sh*t!
Belief in spirits, forces, miracles etc., perceptions of a 6th sense etc., supra/extra-human guidance. Sounds like the ESP stuff above...

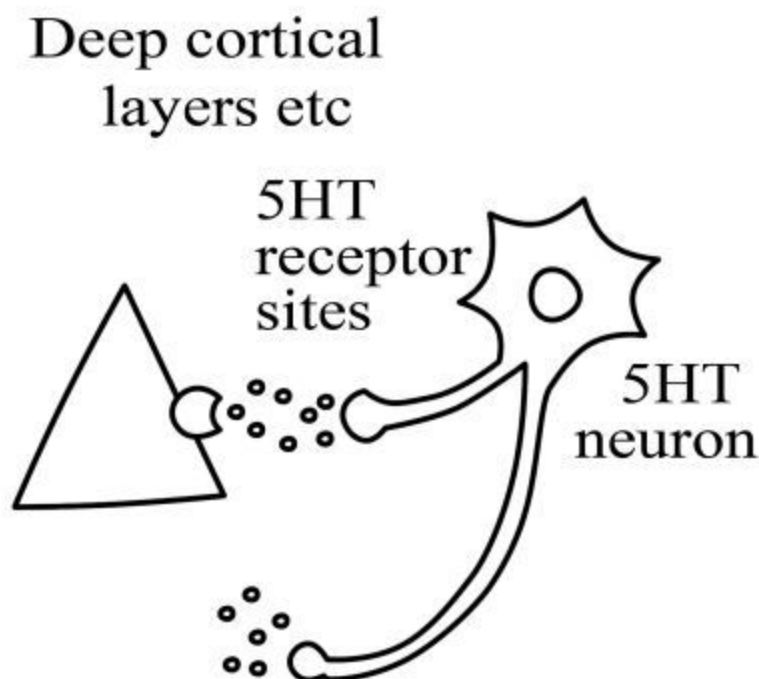
Studies in fascination.

Some limited genetic studies over the past 18 years or so from time of writing in both these scales led to the conclusion that the capacity to experience ‘self-transcendence’ had a genetic component as yet not understood or fully conclusive. In other words some people are more prone to this type of ‘dissociation’ than others. Would these have been ‘oracles’ etc. in times past? Who knows!

In the first 4 years of the new millennium, 3 further studies into neurotransmitters role in absorption tendencies found the following – those with stronger binding capacities for the **5HT 2a brain serotonin receptor site** (diagram 18) in people with high absorption capacity play a role in excitation, learning and anxiety, blood - vessel constriction and dilation/ clotting and pressure, anti-inflammatory responses, stress responses, smooth muscle contraction (gut and throat), pleasure states in orgasm/childbirth/intimacy/general positive feedback mechanisms, milk production in females etc. It also happens to be the site where hallucinogens such as LSD bind. It may well be involved in hallucinations and ‘mystical’/‘altered’ state experiences. A kind of ‘spontaneous’ or

hypnoidally provoked trip!/? As we examine cults, this will not seem so far-fetched.

Diagram 18: 5HT 2a brain serotonin receptor site model.



Our brain uses lots of neurotransmitters to communicate with itself. They are not, if naturally elicited dangerous; in fact you couldn't function without them! In purposeful and targeted hypnotic practise the 5HT 2a site obviously helps facilitate several beneficial processes that can help someone feel good and heal. Keep hypnotic work as short and focused as possible.

Therapy subjects are often scared and wake up if sessions are prolonged or insufficiently focused; there are obviously unconscious protection mechanisms looking after them so that the hypnotic state and its effects on the brain are not harmful or the state itself permanent. This happens spontaneously. However this is a book focusing on cultural hypnosis – the effects of which can be and are highly dangerous, even, in extremis,

threatening survival. It also induces a covert altered state, which being unsuspected by consciousness, may sneak by various protective functions, conscious or unconscious.

More studies between the year 2000 and 2002 revealed that high absorption capacities were linked to greater autonomic stress reactivity. Blood pressure levels increased and parasympathetic (calming) nervous system capacities were impaired. Mind you they were in relaxed absorption first and then electrocuted!!! Yoga had a similar effect when practised over time! In other words **prolonged unnatural absorption- processes can be an extreme stressor**. Yoga is an abnormal activity. But normal states of focus and concentration in everyday life, in trance and hypnosis (heightened internal/external focus) are totally normal, safe and life-enhancing. In fact you'd be stressed without them. In absorbed states the emotions can become heightened if stimulated. Also a little bit of excitement and stress is needed, just the right amount to provide the appropriate arousal to perform well – we experience arousal during sex remember; it's not wholly a bad thing! Well I s'pose that depends who you're doing it with but...

On the plus side high absorption abilities are evidence of flexible attention abilities. You can control and direct your focus with more ease than others, you are less prone to distraction – say as in 'the zone' which is a lovely place to be! Which is nice to know. Those with higher absorption abilities can inhibit their occipital lobe associated with visual processing – this essentially means they can ignore visual information and environmental awareness.

The effect on the conscious mind in absorption.

The dampening of the prefrontal cortex (PFC - the conscious mind etc.) is accompanied by...

- Timelessness.
- Denial/lack of awareness of self.
- Low self-reflective capacities.
- Low analytical/critical capacity.

- Little emotional content!!! Just as in cults!
- Limited abstract thinking (the ability to generalise from specifics).
- No planning ability.
- A ‘sensation of unity’ – whatever the f**k that means?!
- Willed action is neutralised.
- Memory accessibility is nullified.
- Personal imitative a no no!
- Flexibility of thought? Gone.
- Independent thinking: sayonara!
- Logic? Now really...

This is a great description of vast numbers of the general public, ‘zombies’ I mean... You think I’m joking?

The two ways we process information.

There are two types of informational processing styles –

1. **‘The experiential set’**: defined as an effortless, no-striving, non-volitional attention. Hypnosis etc.
2. **‘The instrumental set’**: defined as reality-oriented, requiring effort, goal directed etc. The waking state.

In reality we fractionate purposefully between the two (usually!).

Hallucination and sensory overload.

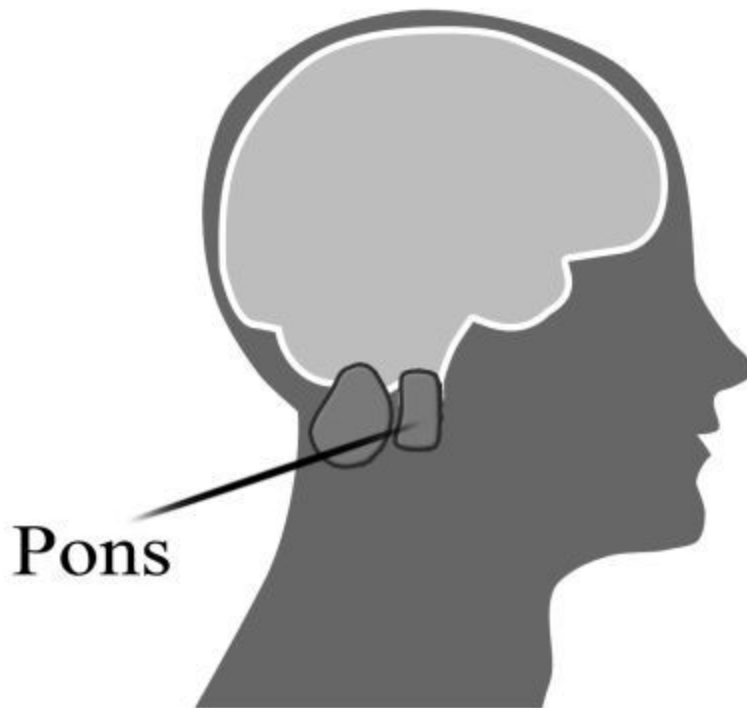
In hallucinogen use, psychotic states, hypnosis and meditation the PFC takes a nap shall we say but in differing ways. This does not mean they are all the same. During hallucinations the thalamus – the information switchboard area through which all sensory information but smell ‘pass through’ on route to appropriate brain regions; where sleep, wakefulness, alertness are modulated and pain is monitored etc., loses its usually normal

filtering functions which become distorted: leading to sensory overload – ego dissolution (ego death) and de-realisation (external world seems unreal etc.). In good therapeutic hypnosis these potentially dangerous side-effects do not occur. In other hypnotic activities they may be controlled, purposeful, streamlined and temporary. People are capable of hallucinating in real life without any harmful consequences. Most people on earth are hallucinating a holographic reality that isn't there; we will face this problem soon in part 2 and discover what can be done about it in part 3. These people still 'function'. They are 'viable'.

Absorption and our buddy/mate the ACC!

In hypnosis increased 'absorption' activity is observed in the good old ACC (bet you're sick of hearing about it!), thalamus and **upper pons** (role: breathing - regulates the change from exhalation and inhalation, speech production, sleep, sleep paralysis, dream creation, roles in hearing, equilibrium, taste, facial sensations - touch/ pain, eye movement, facial expressions, chewing, swallowing, bladder control, secretion of saliva and tears – see diagram 19): this is basically the neuro-physical component of the 'executive attentional network' (what we pay attention to and ignore). In hypnosis the ACC (parts of it) may become overactive as it tries in vain to maintain monitoring functions unsuccessfully. Normal attention processes are thwarted.

Diagram 19: The upper pons.



Pons

The hidden dangers of the meditation rainbow!

Meditation can be seen as a kind of empty semi-hypnotic state wherein the brain receives no stimulation as opposed to the hypnotic state in therapy etc. which is highly active and complex. Cults encourage prolonged, monotonous 'self-hypnotic mantras' which over time degrade the capacity of the conscious mind to come back on-line. In other words - **a free floating altered state is unguided, purposeless and potentially lethal to sanity!** It is similar to a form of sensory deprivation chamber within one's own mind from which escape is impossible or at least hard and effortful. This is the total opposite of skilled hypnotherapeutic interventions. Cults, meditation and yoga – in fact all anti-Western, 'Eastern' practices pose a clear and present New Age danger to the sanity and stability of Western Civilisation;

they are actually psychological warfare weapons of attack. Hinduism for example teaches that life is but a dream, all is illusion: no wonder India is so poverty stricken and barren of any genuine progress and material benefit for the masses there. Oriental religions, as the world famous comparative mythologist Joseph Campbell pointed out in his master work, 'Masks of God' series are anti-individualism and therefore inherently anti-Western.

Alarming! some Neuroscientists are working on large scale meditation training programmes that pose a known threat to their volunteers!!! The question is – why?!

Time manipulation, neuroscience and hypnosis.

Hypnosis causes time distortion, we know this: subjects such as my clients report that the process seemed to take a shorter amount of time than it did. Some scientists have guessed that hypnosis somehow modifies our 'internal clock' 'tick' and slows it down (this is simplistic). Being busy or having a fever can alter our perception of time also. When feverish our sense of time speeds up! Being absorbed may affect our sense of time but not always. What happens in the brain so that we notice less time ticks??!

The timing of consciousness.

By 1995, a researcher by the name of Gray put forward a theory of the specific neural circuitry of consciousness. This was?

- Animals have a need to interact with the environment to survive.
- Therefore they require a 'monitoring system' or systems.
- Monitoring is required to ensure that all animals are achieving their goals and or behaving appropriately due to contextual demands.
- Monitoring processes would include access to long term memories that would enable 'templates of prediction', with which the system could compare current ongoing actions. This saves time and wasted energy etc.

- Mismatching with predictive templates can be detected and new/differing action taken.
- In humans this ‘mismatch’ is known as ‘capturing our attention’.
- Attention, that which we attend to in a given moment, is at least partially equated with the phenomenon of consciousness. Note: this is altered in hypnosis!
- Behaviour (output) and monitoring functions are intertwined. Physical/sensorial and informational feedback pass through brain regions associated with vision, motivation, pain and pleasure responses and consciousness itself; such as the basal ganglia/thalamus/dopaminergic – ‘related to dopamine’ (the reward chemical) subsystems.
- Prediction capacities are located in **septo-hippocampal system*** (see note below) including parts of the prefrontal cortex region, such as... take a guess. The ACC!!! A specific region of the PFC has a monitoring function, another, a controlling one. The whole region is involved in watching and evaluating actions. This region also looks out for the unexpected. It decides how you’ll feel if you carry on with a strategy that won’t work.
- Checking for mismatches (whether we are achieving the goal etc.) decides what we’ll focus on and what we’ll ignore. Current plans and prediction are held in the PFC as working memory. Correctly predicted material does not enter awareness, we can take it for granted. This information is held back by the ACC. *It* (usually) decides what you focus on!
- When the ACC is dampened/damaged in any way, predictable (the ordinary) info becomes unpredictable. Major conscious mind functions cannot communicate. Large changes/alterations in our perception can occur. **Normal experience can seem dissociated; as if caused by another.**

***What is the septo-hippocampal system (SHS)?**

1. The SHS detects conflict between two or more highly activated competing goals; this could be the need to escape, eat, fight etc. By so doing you know whether to approach or avoid something or someone.
2. Fear = immediate threat. This response is primarily controlled by the amygdala. Anxiety = a threat is possible but is not here happening now: what we call 'uncertainty'. The SHS controls this reaction. Both are connected but distinct.
3. Anxiety arises because of the competition between two goals, ideas, etc. The SHS regulates this; it tries to disambiguate the confusion/competition by the inhibition or certain behaviours. Many hypnotic inductions seek to induce just this state of confusion.
4. Conflicting goals create uncertainty within the hippocampus etc. and it generally tries to solve the conflict and inhibit the worst case choice as it sees it. It can either ask, 'Do I approach or avoid x?' This can evoke anxiety. There might be risk. Or it might require more info concerning the environment. You might need to assess the situation. This can evoke anxiety. Or it might result in good old fashioned fear - run, freeze, escape etc. This can lead to analysis paralysis where you can't choose between goals at all. The SHS is a hierarchical defence system involving anxiety, fear, and memory.
5. These are known as 'logical gates' – they determine which information is currently or will be important to the system. They decide what we focus on and allow us to modify what we do, consciously and unconsciously.

Conclusion: fear and confusion = a pathological trance state.

Consciousness and imagination as a virtual reality machine.

Our imagination lets us plan. We can run lots of, 'What if I do x, y, z?' scenarios in our heads. This gift uses almost identical neural pathways as if the scenario was happening in reality. The difference is the **information is self-generated.**

Computers that are 'off-line' work the same way. By disconnecting its sensors and feeding it so-called 'dummy data' it can carry out emergency

scenarios etc. The researchers doing such operations know it's just an exercise; just as we can distinguish between reality and fantasy. Well some of us can! And guess what? Yes, it's that ACC that carries out this function. When the ACC is dampened or damaged people have less ability to distinguish between the two. Fantasy and reality are blended – this is in part a form of daydreaming or just dreaming while awake. In therapy this can be fine: in cultural hypnosis? Oops!

A sense of reality and time.

Any complex system requires a timing mechanism of some kind to coordinate actions, processes etc. Some kind of internal 'clock' would seem necessary. Two researchers (Triesman and Gray) proposed that when we are awake, this operates with a tick rate somewhere between 10-12 Herz. This tick rate actually gives rise to consciousness itself. If it alters, so does our state of consciousness. Time and consciousness are linked.

Damage/impairment or dampening to the ACC has been shown to affect a person's ability to accurately judge the passing of time. The ACC generates in whole or part our perception of time: in hypnosis this is altered; thus hypnosis is an altered state based on time alterations.

The ACC and reality.

The ACC determines our reality. It can discriminate between what is imagined and what is real: unless we are hypnotised. When we imagine things, we don't check if it's real because we know it's just daydreaming, just a fantasy. We know that external reality is not involved in the process in any way. In hypnosis we do not test reality, we accept what is as if it were reality. Our imagination becomes our reality. A surrogate reality (secondary reality) if you like. And not only that but we aren't aware that that is what we are doing!

In hypnosis what is real is 'confused' or processed as that which is merely self-generated. We are not monitoring reality or our physical or psychological processes and this can lead to surprise and shock on the part of a hypnotised person: say when their arm lifts 'by itself'.

To sum up: in hypnosis we (especially somnambulists) are incapable of accurate external reality assessment or of 'self-reality oversight': we believe imagined things as if they were real!!!

But hypnotic subjects are somewhat in touch with reality or they couldn't hear or follow the hypnotist's voice. The reality in hypnosis we are both dissociated and present. Some level of reality testing is still present: the process is controlled.

One idea is that while we are busy attending/focusing on the hypnotic reality in our heads we do not attend to the external world and therefore the normal sense of time passing. In hypnosis the 'ticks' move more slowly/are noticed less and so paradoxically time seems to have sped up! If you are focused on an imaginary scene, why bother to gather data on external changes in time? You don't need to.

When we cannot monitor external reality or make predictions about it - our sense of time is altered. When we become absorbed by hypnotic realities our sense of time judgement is inaccurate. The ACC controls our time sense, at least in part. It determines the content of our awareness from moment to moment. It detects what is shocking, surprising, worthy of note - it checks on reality. In hypnosis this ability is impaired. It is my opinion that cults try to damage the ACC permanently so that its members are left in permanent pathological hypnotic trances. It is also noteworthy that TV produces this time distortion. Hmmm? Time is experienced as a result of interesting change, when things become habitual and dull, the time sense has no difference to 'cling to'. This is why people's experience of time speeds up as they age: as a child everything is new, so the day seems longer. As an adult, if you lead a boring humdrum life you trance out because it's all become habitual and unworthy of notice. Keep yourself stimulated!

Changes in N100 and P300!!!

Ok we pretty much know that the ACC is involved in directing attention, especially toward the unexpected. EEG experiments were carried out in 2002 by Gruzelier to study the effect on the brain of the predictable and the unexpected. Subjects were played varying tones, some more distinct and

surprising than others. How does the brain react to surprise? The neocortex lights up like a Christmas tree and...

- 100 milliseconds (MS) after the surprise takes place, a brain event/signal known as N100 is recorded. N100 is a marker of attention directed activity – it's obviously connected to our startle response. N100 also occurs for visual, olfactory, heat, pain, balance, respiration blocking, and somatosensory (physical) stimuli. A stage hypnotist evokes this brain response when he tips someone back rapidly etc. to induce hypnosis. It is also linked to a person's arousal and selective attention. N100 disappears when a person controls the creation of auditory stimulus, e.g. their own voice. It is involved in pre-attention and perception. It occurs in REM and non-REM (NREM) sleep. It also is involved with essential EEG functions for good health known as K-complexes which are thus far assumed to have two functions: 1. Suppressing cortical arousal in response to stimuli that the sleeping brain evaluates do not signal danger. 2. Aiding sleep-based memory consolidation. Without it we become a forgetful 'amnesiac'. **NOTE: N100 is reduced following total sleep deprivation: cults know this!!!** If you are warned about a 'surprise' the N100 response is dampened. Prolonged repetition dampens it. It is also evoked by changes in speech patterns and in alterations in consonant and vowel length. The N100 response only significantly develops in children over 10. In modern childhood the P100 response is predominant, having to do with the visual processing centres of the brain – this is the time we learn symbols, geometric shapes, patterns etc. It decreases when we are distracted. The N100 is linked to high intelligence; being found more frequently among the bright! It is obviously linked to learning new material.
- 200 MS after that our old friend the P300 amplitude is recorded, being, as we know, linked to surprise etc.

Alterations in N100 during hypnosis.

In hypnosis the expected causes the N100 to decline slightly. When hypnotised unexpected events are registered by a N100 response similar to

an expected event!!! This basically means that in hypnosis the brain acts as if what is going on is not worthy of attention or shifts in it. It detects no risk. The P300 response linked to surprise falls to almost ZERO in hypnosis. In other words our guard is down: we are open to programming when bored, when repetition is involved, when an environment is unstimulating etc. Sounds like school!!! Or a crappy job! The question is - when are we fully awake and attending to reality!!?

Tick-tock the hypnotic clock.

Do slowly dangling and swinging watches induce trance because they pre-symbolically suggest our inner clock is slowing: a sure sign of trance??! Consciously we have no awareness of this but our unconscious gets the message loud and clear. **Hypnotic techniques work because they tap into or elicit inborn trance triggers, which make a hypnotic response inevitable.** Quite scary when you think about it! It's very simple: we have no choice.

NSist Peter L.N Naish speculates that when our level of attention is reduced we don't notice so many inner clock 'ticks'. We stop looking out for the unexpected and generate our own experiences. People with 'low' hypnotic ability may merely be those who have wrongly assumed that they must raise their attention levels in hypnosis rather than relax them, or they're just plain afraid of hypnosis! As I have said elsewhere, although NS has some interesting points to offer, much more than mainstream psychology and its 'models' – it is a one-sided explanation; the fact is *in hypnosis people can experience fast or slow time and any time in between* through suggestion alone. You can hypnotise someone to experience 'a hypnotic week' in 5 seconds or less. The brain encodes time: hypnosis can play with it.

Hypnotherapists may have noticed something significant: psychologists and neuroscientists are obsessed with stage hypnosis phenomena and authoritarian strains of hypnosis that seek slavish obedience when they aren't trying to poo-poo it altogether or suggest it's a sign of controlled madness – the pathologicalisation of normality. Something those involved with technological/pharmacological 'solutions' to mental health problems might want us to think; bearing in mind who funds their research. They

have missed out a huge component part in hypnosis and its healing potentials – the stimulation of creativity, intuition and insight! All functions that involve the ACC. We will deal with this matter soon enough.

Conscious denial: unconscious awareness in hypnosis?

Like all scientists NSists like to mentally masturbate, talk about the ‘selection pressures’ on hypnosis, bogus entities such as HOTs (higher order thoughts – being aware of mental states basically) and garbage like ‘cold control’, whereby the executive function operates unconsciously etc.; this is all so much hot air. **Hypnosis utilises the unconscious mechanism of ‘denial’.** This is of importance in understanding cultural hypnosis and the denial of reality you see all around you by people in your environment.

In hypnosis you can suggest that someone hallucinate a sensory modality that isn’t present: a sound, taste, sight etc. But we know from studies on the brain that the relevant parts light up as if the suggested stimulus were real etc. Although the conscious mind is not aware that the suggested thing is not real, the subconscious is: the subconscious is having a HOT; it is aware that you are not really blind, this is why people hypnotised to be blind don’t always bump into walls and chairs. **In hypnosis you can tell someone to ‘not think of pink elephants’ and they genuinely don’t.** This proves NLP myths are wrong! In a hypnotic state, or after it and using post hypnotic suggestions people can be trained to consciously deny what is right before their eyes; even though the subconscious can see it all too well! This means that a lot of the general public may be effectively experiencing variants of widespread yet mild dual or multiple personality. A knowing ‘subconscious’ (actually it’s the core that knows full well what’s going on) and an ignoramus conscious, which like a volunteer in a stage hypnosis show adamantly argues he has no shoes whilst proudly sporting bright Ronald MacDonald red ones on his feet.

‘Amnesia’ and a whole host of other hypnotic phenomena taps into this capacity of the subconscious to keep data hidden from the conscious. How the mechanism works is speculation: no one knows; that it exists we know in our day to day lives! Denial exists to protect the individual: to repress

unpleasant matters and to avoid the unpleasantness and danger to survival of not fitting in with the herd!

Remember: hypnosis utilises the denial mechanism. There is a conscious stream of mentation and an unconscious one (or maybe more?); the two need not be in accord for an individual to function and be 'viable' in a given society.

Studies have proven that people adopt the group perception over that of their instinctive own one and in the face of majority opposition they will go along with the majority and actually 'see' what the mob does. Alarming isn't it?!

Most interestingly of all there is also evidence that **the unconscious can generate bizarre behaviour without any conscious awareness of intent in order to achieve goals and objectives it deems appropriate to advancing a person and their interests in this world.**

This experienced therapists know only too well!

Readers who would like to do their own research into hypnosis and neuroscience can start with: **'Hypnosis and conscious states: the cognitive neuroscience perspective'**, a series of essays edited **Graham A. Jamieson** and available on Amazon. As you have read this book, a lot of the obscure scientific jargon will make it both readable and understandable. A tip: if you do read it and can't understand what a given term means just look it up on the net. Take your time.

Now let's deal with something the above book (which is blatantly mainly concerned with social obedience) leaves out: what neuroscience can tell us about the key role of *creativity* in hypnosis and hypnotic healing.

Creativity, insight and the ACC.

The following section is derived from the following study: **'A brain mechanism for facilitation of insight by positive affect'** carried out by **Karuna Subramaniam, John Kounios, Todd B. Parrish, and Mark Jung-Beeman** from the Department of Psychology and Cognitive Brain Mapping Group, Northwestern University.

What are the specific neural acts that take place when novel, fantastic, useful and even beautiful ideas, actions or products emerge from or are carried out by individuals in any given social context? NSists believe that the flow of information between varying brain regions holds the key.

Obviously including scientific discovery and art of all standards, creativity can include elements of:

- **Divergent thinking**: generating many solutions instead of just one.
- **'Fluid intelligence' or insight**: A spontaneous flash of recognition that a problem has been solved. The 'Eureka' moment, inspiration – which NS has linked to higher bursts of alpha activity. Resting activity and brain states also showed greater activity in the right hemisphere, although the entire brain itself is active.
- **Flow**: total absorption in task.

Creativity has been linked to higher 'arousal' of any kind: excitement, enthusiasm etc. **The ACC has been found to be involved in storytelling processes.** However many brain regions are involved in creativity and it is not linked to one place or 'spot'. The entire cingulate cortex or limbic cortex which includes the ACC is thought to be involved in creativity. Our emotions and creativity are clearly linked.

Note: all of the above can be affected, altered, modulated and changed during hypnosis. In hypnotherapy the activation of such processes is essential.

Mood and creativity.

This section will be of interest to therapists because **good mood has been shown to enhance creativity.** This is why people with anxiety and the extreme anxiety we label 'depression' feel so 'stuck'. A happy brain is better at solving problems than a stressed one. Studies have shown that people solve problems better and with more insight when they feel happier. In the preparatory phase of problem solving, i.e. 'How can I solve x?' mood biases us to solve problems using insight (creativity) or analytically. When we are feeling chipper we tend toward insight, when tense we go all

analytical. It is the ACC that is involved in this insight bias to problem solving, becoming activated when we feel better about ourselves and life. This is why being stuck in analytical thinking mode can cause people problems. It is interesting that this is just the mode that our schooling, especially University training teaches us to favour! **Emotions affect our thinking! In reality we need to be able to effortlessly fractionate between both creative modes and analytical to be fully healthy, human and able to solve our problems.**

If you read my 6th book, 'Creating hypnotic spells' I give away a whole host of mood enhancement hypnotic tricks, scripts etc. This knowledge does more than just make others feel good, it helps them become better able to independently solve problems. Moods affect our 'cognitive organization' to modulate problem-solving processes. So what's the difference between these two problem solving processes?

Analytic processing = deliberate application of strategies and operations to gradually approach solution.

Insight processing = the process through which people suddenly and unexpectedly achieve solution through processes *that are not consciously reportable*. Insight solutions tend to involve 'conceptual reorganization', often occurring after solvers overcome an impasse in their solving effort, and are suddenly able to recognize distant or atypical relations between problem elements that had previously eluded them. **This mode of attention is more 'global', access is open to unusual, non-habitual associations.** In fact in this mode you can switch between global and 'local' (a narrow focus).

Depression and anxiety.

When a bad mood or anxiety etc. is overpowering our cognitive control functions go caput! We experience a narrow scope of attention (pathological outward focused trance); cognitive flexibility, problem restructuring, and insight solving become difficult if not impossible. This is why hypnosis can cure anxiety based disorders: when the brain is calmed through focus and suggestion it can literally work again and we can solve our problems using all the brain. **Anxiety confines us to our conscious resources.** This is what

client's often mean when they say, 'I feel stuck.' They are, in a tiny fraction of the brain! More on this in my penultimate book 9, 'Hypnotically annihilating anxiety'. The depressed brain isn't 'analytical'; it is stuck in 'rumination mode' without an exit strategy. Ceaseless 'worry loops' result.

The neuroscience of creativity.

FMRI and EEGs have shown that when people are preparing to solve a problem and when the actual Aha! 'Eureka moment' strikes several regions of the brain are active (see diagram 20):

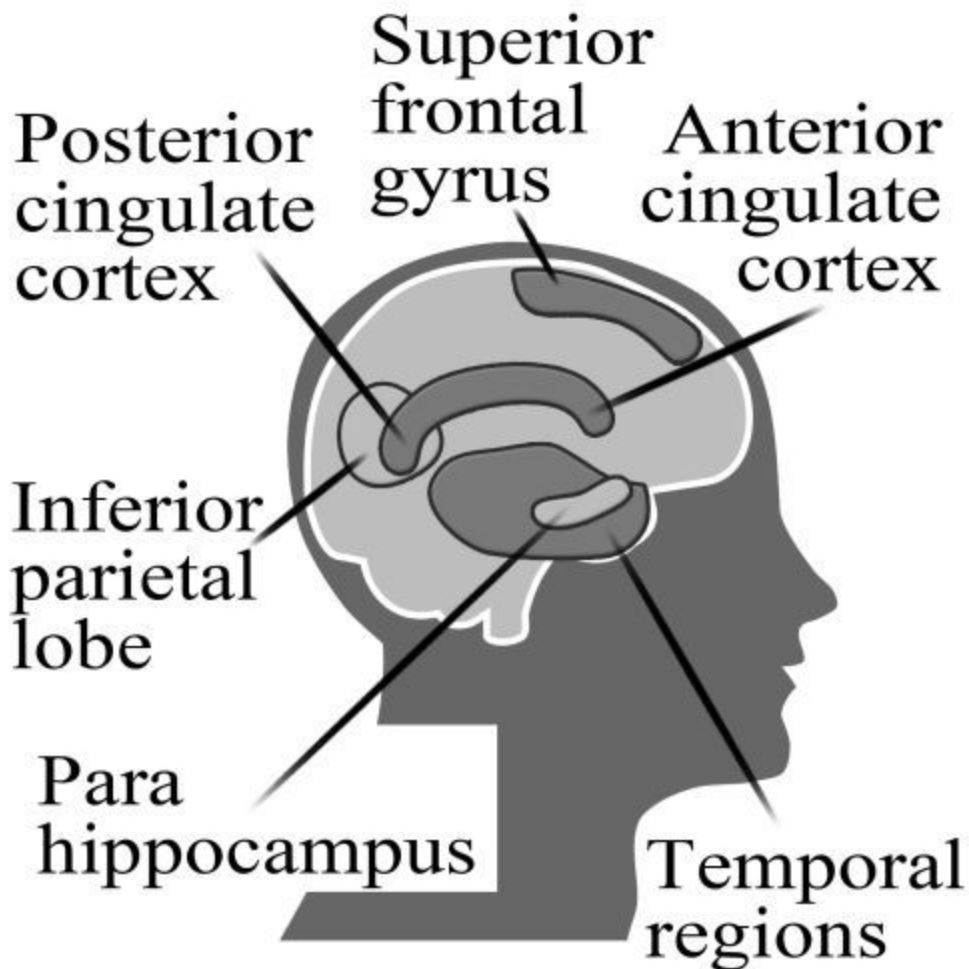
- **The right hemisphere.** In general creativity has been located here for as long as I can remember studying hypnosis.
- **Bilateral temporal areas.** Involved in semantic processing.
- **Left temporal cortex.** Pursues strong associations.
- **The right temporal regions.** Thought/believed/guessed to be involved in/for 'integrating distant semantic associations'. In another words creating meaningful link between separate associations in the brain. It chases after weaker associations.
- **The ACC.** Cognitive control and switching between possible solutions.
- **The posterior cingulate cortex (PCC).** Supposed involved in attention.
- **The parahippocampal cortex (PHC).** Visuospatial processing and episodic memory (encoding and retrieval). Part of a network of brain regions that processes contextual associations. Contextual associations are the principal element underlying many higher-level cognitive processes.
- **The right superior frontal gyrus (SFG).** The gyrus region generally is involved in sensory processing and higher level cognitive processes. During motor tasks that involve intense levels of concentration, this portion of the brain actually decreases in activity. Studies on this region show that individuals describe activities that cause them to 'lose

themselves' in concentration; it is due to a lower level of self-awareness from this inactivation. Facial recognition and empathy (state recognition of others etc.) is involved in this region too and knowledge of the self in general and when using it to refer to others. The right side of the gyrus processes 'coarse semantics' (**metaphors** etc.). More on this later.

- **The right inferior parietal lobe (IPL).** Involved in the perception of emotions in facial stimuli and the interpretation of sensory information, attention and perception. Associated with mathematical tasks and body image, involved in info processing from the visual, auditory and somatosensory association cortices, male and female sex differences with regard to language/speech and spatial awareness; as anyone who has seen a woman talk the hind legs off a donkey or park a car knows! Connected to emotional (limbic) processes etc.

These regions are thought to be affected by emotion and the potential to solve problem using insight.

Diagram 20: The creatively insightful brain.



The ACC and insight.

The front portion (rostral) of the ACC is active during:

- The interval while expecting to be faced with problems to solve (expectation).
- When problems are solved using insight (creativity).

The ACC is involved in creativity by providing enhanced cognitive control and 'restructuring processes' (what I call 'subconscious reorganisation'). The upper side (dorsal ACC) is involved in the 'shift and selection of a new solution path'; or as it is better known by humans: making choices. It is

involved in ‘response competition’ - cognitive control is believed to be necessary in order to monitor competing responses. This region of the ACC is involved in the overcoming of ‘prepotent responses’ (habits) when ‘strategic processes were less engaged and conflict high - and in shifting attention’. In other words when we are more relaxed!!! Control mechanisms provided by the ACC are clearly critical for insight/creativity by allowing a person facing a challenge to detect competing solutions and not necessarily lean toward older ‘dominant associations’ or strategies; this would enable essential attention shifting from an old and powerful yet unhealthy/irrelevant/outdated association to a hitherto less potent, but more adaptive/healthy/better etc. association. This cognitive ability permits restructuring and flexibility of approach also known as, ‘breaking the set’ and ‘overcoming functional fixedness’. In other words doing the same damn stupid thing that hasn’t worked over and over and over!!! NS has basically proven what I and other Ericksonian hypnotists have ‘intuitively’ known for ages - through common sense if nothing else!; that Milton Erickson was one clever bastard!

NOTE AND WARNING: On the downside the same processes, if accessed covertly, could be used to brainwash someone.

The ACC, mood and creativity.

Let’s talk about cognitive restructuring processes: when we are in a good mood we are better able to switch and select from a wide choice of possibilities: **fear and unpleasantness narrow the mind’s focus.** When we are in a bad mood we can persist with a strategy that just doesn’t work, over and over. When we are feeling good, the ACC can detect choices out of our habitual response sets – this allows us moments of creative insight. It does this by...

- Fractionating/switching between global (broad – ‘seeing the bigger picture’) and local (narrow) attention processes.

- Fractionating/switching between irrelevant to relevant solutions that will work.

The ACC has neurons that are activated by conflict and emotion. Specialist spindle cells in Brodmann area 24 ‘integrate emotive-cognition’: when we are emotional this part lights up! Pleasant emotions allow us to gain access to sets of associations almost impossible to get at when we’re feeling shit. The right hemisphere is linked to creative insight and affected by good mood. A broader set of semantic associations are available to the right hemisphere than the left especially when we’re in a good mood.

Global attention is composed of:

- Right hemisphere visual processing.
- Creative problem solving.
- Positive mood.
- Relaxed focus.
- Low arousal.

The area known as the right superior temporal gyrus is believed to be the brain region that is activated in such processes. It is an area that can integrate distant semantic associations via the neural substrates of metaphor processing; the right hemisphere primarily plays a special role in the comprehension of figurative (non-literal) language, and in particular most easily understood metaphors – this is known as I have said as ‘coarse semantics’.

Ericksonian hypnosis allows the client to access their own insight and creative abilities to solve problems. It is usual when presented with a problem to focus on it and habitual responses. Trance can relax the brain and induce the pleasure states required so that its natural creative abilities are accessed or ‘unleashed’ if you prefer. The ACC plays a key role in this ‘mechanism’.

I am starting to fall in love with my cuddly ACC!

All 'cult' environments seek to prevent this creative insight from occurring through stress, fear, guilt and authoritarianism in general. Or they access trance states and programme-in warped sets of damaging associations.

To conclude, hypnosis is inevitable when you create an 'environment' (usually but not necessarily linguistic) whereby the hypnotist can access the 'hypnotic' parts of the brain. What we call 'hypnosis' is a process for sending the focus of the brain to these multiple above-mentioned regions and thereby activating them.

Science, art or pseudoscience?: the Rogue Hypnotist's summation.

Although much of what we explored, and believe me I learned as much as you by studying this stuff, is that although much stupidity, downright groundless prejudice and a lack of sufficient experience does impair both psychological and neuro-scientific approaches there is a great deal of info that can help the hypnotic practitioner up his or her game. The ACC plays a key and perhaps vitally deciding factor in all hypnotic phenomena. If you can get it on side, you got it made baby! I think we can all agree that a solid prima facie case has been made that hypnosis is neuro-physiologically reality. In fact the reason people don't think hypnosis exists is because 1. They cannot identify it. 2. They have been brainwashed to think it doesn't exist. In fact you might say they've been hypnotised that hypnosis doesn't exist; which is deliciously ironic! *The fact is at the right time and place we are ALL highly hypnotisable!*

In the following 2 sections I will supply a very large amount of evidence which you are free to take or leave, disagree or agree as you see fit: I am not trying to persuade you to see things as I do. I do want you to consider the evidence that I present in a spirit of at least searching for truth, even if alas, we can't find it all – at least we're headed down the right path.

The point of this book.

To the point Padawans: it is the Rogue Hypnotists contention that there is hypnosis all around you daily, I have already alluded to this in my other books: there are groups of people with agendas seeking to covertly influence you through what we nominally call 'culture'. The 'hypnotists'

are the **‘culture creation’ industry**. At least that’s what they call themselves. Knowing how the brain is physically affected by hypnosis in a very powerful and real way as you are now fully aware, we can ask – *‘Who am I letting hypnotise me without my permission and should it continue?’* After reading the next two sections you will be in a better position to answer that question for yourself.

But before we get to that bit, I just want to say that I am including a free bonus script which I call ‘The irresistible neuroscience induction script’ to help you hypnotise whomever you want, whenever you want in my next book ‘Hypnotically deprogramming addiction’ (which will be full of scripts!) – it is very powerful yet simple, drawing on all we have learned so far. If I added it to this book it would be off point and drag the book out. It is designed primarily for hypnotherapists seeking to induce a good hypnotic trance in a client prior to change work. The 8th book in the series will be out very soon indeed! I’ve already written it!

The descent of Man.

What are the defining aspects of man?

1. Tool use.
2. Speech.
3. The power of association. (Metaphor, pun etc. is linked to ‘lower’ brain functions.)
4. The complexity of his nervous system.
5. The prolonged helplessness of the human infant. (His capacity to learn, ‘teach-ability’.)
6. The delay of the sex instinct. (Freud was perversely wrong to suggest its early onset and provided much pseudo justification for paedophile ‘scientists’.) The instinct is delayed till the individual can care for his or her offspring to ensure survival.
7. His creative capacities. (Trance, hypnosis, unconscious problem solving, the Arts etc.)

8. His rational capacities. (The *piece de resistance!* Thinking, intelligence and intellect.)

(7 and 8 are actually combined and mutually exclusive.)

Bear these things in mind as we plod on. And bear these things in mind too...

Man and his instincts.

Why are we investigating this? It is a premise of this book that: **cultural hypnosis can overwrite man's natural instincts.** It can make him behave in ways that are at odds with his survival. By the way there is a war on human nature ongoing as you will see. It is causing a great deal of mental anguish and 'illness'. So what does the word instinct mean?

Instinct – (noun form) Meaning of '**animal faculty of intuitive perception**', is from the mid 1500's; from idea of 'natural prompting'.

Sense of '**innate tendency**' is first recorded 1560's. Early 15th century usage = 'a prompting', derivation from Latin 'instinctus' = 'instigation, impulse'; noun use of the past participle of 'instinguere' - 'to incite, impel', from 'in' – 'on' + 'stinguere' meaning to 'prick, goad'. From PIE (Proto Indo-European) 'steig' - 'to prick, stick, pierce'. An instinct is a prod – a good kick up the ass!

Some researchers have argued that man has essentially 3 instincts:

- Self-preservation.
- Nutrition.
- Reproduction.

But as far as I am concerned the last two are just parts of the first one. Someone rather important called MacDougall said that these were our instincts...

1. **The Parental instinct.**
2. **The Combat instinct.**

3. The Curiosity instinct.
4. The Food Seeking instinct.
5. The Repulsion instinct.
6. The Escape instinct (the purpose of this book!).
7. The Gregariousness instinct.
8. The Passive-Sympathy instinct (empathy).
9. The Self-Assertion instinct (goal-directed/dominance).
10. The Submission instinct. (In some cases this is triggered by hypnosis.)
11. The Construction instinct (making stuff).
12. The Appeal instinct (persuasion).
13. There is another instinct not mentioned by MacDougall but utterly and vitally important to Mankind: The Immortality instinct. This manifests itself in various human behaviours and desires, some of which are covered in this book. This may well be the ‘meta-instinct’ of Man for he is no ordinary animal.
14. In adults clearly there is a Sex instinct; I mean who are we kidding MacDougall!?

He added that there were 3 pseudo-instincts (P-I).

- Imitation p-i.
- Sympathy p-i.
- Suggestion p-i.

Again, these 3 in my opinion are all interrelated and utilised during hypnosis. Most importantly he said that all instincts produced emotional tendencies. So let's take the most obvious examples – fear and anger.

The fear instinct.

This is simply the instinct to escape danger. It can be elicited by loud noise, fear of a loss of bodily support and when a dog barks at your heels. Unless you are trained and your instincts modified, with most people these statements will be true and hold in experience. What about anger?

Anger can be triggered by a restriction of the body. A restriction of normal bodily movement alone instinctively arouses anger. Outside of the context of a hug or kinky bondage sex that is! Man is not an insect. He is not impelled and directed by his instincts like a biological robot (psychopaths are pure instinct); although all tyrannies treat him this way. All tyrannies seek to turn man into an 'insectoid creature' so far as his behaviour goes. But man has intelligence (some of 'em!) and these can modify the instincts. In other words man, unlike the insect, has choice. Or 'choice potential'.

So how do we define the word 'instinct' specifically?

William McDougall defined them or it as,

*'An inherited and innate psychophysical disposition which determines its possessor to **perceive and pay attention** to, objects of a certain class, to **experience an emotion/excitement** of a particular quality upon perceiving such an object, and to **act in regard to it in a particular manner**, or, at least, to **experience an impulse to such action**. *'*

(*Highlights mine.)

RH's Translation: humans have unique genetic needs. Their nervous system is hardwired to focus in on ways that these needs can be fulfilled. The propulsion system of the satisfaction of these needs is emotion, which is a complex feedback mechanism. When in a situation whereby a need requires satisfaction we tend to act to satisfy that need or at least we feel an urge to.

As a hypnotist the 3 most important words in my definition are:

- **FOCUS**. We focus on ways to get needs met. Hypnosis *is* focus.
- **EMOTION**. We feel whether the need is being met or not. We evaluate the success of our ability to get the need met. Emotion can be

created by hypnosis. When the need is met we feel the pleasure state we call: 'satisfaction'.

- **TEND.** We have a set group of learnt responses that help us get these needs met. Choices can be increased in hypnosis.

A man feels the urge to f**k a beautiful woman if he's horny, eat a great looking meal if he's hungry, find shelter if it's raining etc. The instinct activates a 'completion template' (urge/drive via emotional stimulus) that seeks satisfaction in reality through action. This has never changed, human nature has not changed. Ever, that we know. From rude savage, 'stone age' man, early farmer, feudal, industrial-modern or 'New Age' – man is man. **The question is: does a given culture allow his and her needs to be met or not.** If it does he or she thrives and is happy, if not? Result – varying degrees of misery. No ifs or buts. This is why the study of cultural hypnosis is important. What if you live in a culture that 'hypnotises' you that your needs are being met, but they really aren't? You do by the way. What if your natural drives are warped as **Edward Bernays** said they could be in '**Crystallising public opinion**'? You'd be in big trouble right? You'd be acting abnormally.

REMEMBER – a 'want' is not the same as a need. A 'want' can be artificial/unnatural and harmful. There can be 'fallout' as a consequence from striving for it and getting it. **Wants can be artificially induced and installed in you.** What do you think advertising is in 'our' hypnotic culture? What we call 'Advertising' is much more than just selling stuff. If in doubt ask yourself:

'I want this, do I NEED it?'

Word origins.

Want - '*Vanta*' - Old Norse: meaning 'to lack, want.' From earlier proto-Germanic source '*Wanaton*'. From PIE – '*we-no*'. From root '*eue*' – 'leave out, abandon'. **NOTE: It is related to the word 'vain', in various derivations meaning 'idle, of no value, unprofitable, empty waste, lack, deficient, poor etc.'**

Need – Meaning ‘to be under obligation’ (to do something) is from late 14th century derivation. Originally - ‘*nied*’ Old English (West Saxon) and ‘*ned*’ (Mercian) ‘**necessity, compulsion**, duty; hardship, distress; errand, business’. From Proto-Germanic: ‘*nauthis*’ - ‘violence, force’. Related to - Old Saxon ‘*nod*’, Old Norse ‘*nauðr*’, Old Frisian ‘*ned*’, Middle Dutch/ Dutch ‘*nood*’, Old High German ‘*not*’, German ‘*Not*’, Gothic ‘*naups*’ - ‘need’. Probably related to - Old Prussian ‘*nautin*’ – ‘*need*’; and perhaps with Old Church Slavonic ‘*nazda*’, Russian ‘*nuzda*’, Polish ‘*nędza*’ (after all, all Caucasians are related) – ‘misery, distress’, from PIE root ‘*nau*’ – ‘**death, to be exhausted**’.

And...

The more usual or common word in Old English for ‘need, necessity, want’ was *ðearf*, (a dearth of x) but need and dearth were connected via a notion of ‘trouble, pain’, forming a compound word: ‘*niedðearf*’ - ‘need, necessity, **compulsion**, thing needed’. ‘Nied’ was possibly influenced by Old English ‘*neod*’ meaning ‘desire, **longing**’; which were often spelled the same. Such roots or word cousins were found in other Old English compounds, e.g. ‘*niedfaru*’ meaning a ‘**compulsory** journey’, a typically English euphemism for DEATH; also ‘*niedhæmed*’ meaning ‘rape’: the second element being an Old English word meaning ‘sexual intercourse’ and ‘*niedling*’ meaning ‘slave’. So rape meant to have sex with a slave, literally ‘slave sex’.

Need – (verb form) = Old English ‘*neodian*’ – ‘be necessary, be required (**purposeful**); require, **have** need of,’ from the same root as ‘need’ in noun form.

Want and need differ thus: we die if a need isn’t fulfilled. Or at the least become very ill. A want is of less intensity; it is not linked to survival but to culturally conditioned ‘preference’. And preferences can be altered culturally through perception management. A need has to be met. A want doesn’t. You need food. You might want that new dress or car but not having it won’t kill you.

On board so far? Good.

Wish - Old English 'wyscan' - 'to wish, cherish a desire,' from Proto-Germanic 'wunsk' (Old Norse 'œskja', Danish 'ønske', Swedish 'önska', Middle Dutch 'wonscen', Dutch 'wensen', Old High German 'wunsken', German 'wunschen' – 'to wish'). From PIE – so-called Proto Indo European – 'wen' – 'to strive after, wish, desire, **be satisfied.**' Similarities in Sanskrit 'vanati' – 'he desires, loves, wins', and Latin 'venus' - 'love, sexual desire, loveliness' and 'venerari' – 'to worship' (venerate). A 'Wishing well' as an enchanted water hole derived from 1819 source. Be careful what you wish for...

Now let's talk some more about the instincts of man.

Why man is controllable through cultural hypnosis.

Man is pliable, prone to manipulation etc., in a word: controllable because he has a specific psychology as a result of his unique nervous system. This nervous system responds in specific and repeatable ways as a result of specific stimulus. Man is, unfortunately, predictable.

Irritating the instincts.

Appropriate 'irritants', skilfully applied by a manipulator spark off an irresistible response mechanisms known as instincts. Such mind moving persuasion techniques include: public speaking, marketing/advertising, mob appeals and emotionalism. These are communication systems for upsetting baseline informational processing and penetrating **moving ideas** that are craved by underlying mechanisms (instincts) which hence become *unusually* sensitive. As we saw from the NS section, this occurs by lighting up specific brain regions. This takes mere words to do so.

- To recap: the **primary instincts** that can be aroused so as to seek external world completion templates (impulses). These are, obviously: hunger, greed, curiosity, sex, socialising, the parental instinct, self-assertiveness, acquisitiveness (the desire to own and acquire things) etc. What we call 'the emotions' are the psycho-physiological expression of these instincts. All are linked to basic genetic survival functions. Once an instinct is tickled the emotion is discharged – this

then motivates behaviour. Fear = flee. Anger = fight. Lust = fuck. Emotions and motor controls are linked.

- There are also **secondary instincts**. These are combinations of the above. 'Religious' and 'moral feelings/instincts' are the end results. Fear, gratitude, guilt being the expression of religious templates, righteous anger and disgust for morality. Note: 'the conscience' which makes us human can be warped. Man is born moral, he learns immorality. Immorality may help his survival instincts. These days we have fancy terms to justify this such as 'situational ethics'. There is a 'religious part of the brain'; I have seen a lecture of Western scientists debating inoculating Muslims with a vaccine that would damage this area to prevent extremism. It is available on YouTube.
- People also have **sentiments/prejudice and bias** which are unique to them. A man may be seduced by the charms of a (any!) sexually attractive women in general but he longs for one in particular. These are learnt responses and probably not inborn. We are not born liking just redheads etc.

The power of suggestion.

Lures exist to excite and incite these realities. Instincts and personal biases are all amenable to suggestion. Suggestibility responses range from the downright stubborn refusal to over-emotional gullibility. Suggestion works when: the tendency of a normally functioning mind to accept and so believe ideas that are consistent with an existing hologram (social conditioning/'map') is born in mind.

Men are also persuaded by reason, especially if better educated - *but* all you need do is make a show of it in order to con them. Feign 'facts' and imply conclusions and action readily follows.

How civilisations create 'morality'.

'Civilisations' (what I call 'Imperiums') by nature presuppose a degree of behavioural control. Men must be conditioned in such a way that a given imperium may perpetuate itself indefinitely to the benefit of the Power Elite of such a social system. What we call 'reason' is the mental executive

function process that tames the instincts. It cannot quash them but it can find socially acceptable outlets to such innate drives.

This is indoctrinated into the young through all available media using chronic, repetitive and ceaseless suggestions. These may be expressed as simple ‘maxims’ or slogans that easily fix themselves in a pliant mind seeking to form a successful hologram from the adults around it. In any age these create the reality and atmosphere of what we call ‘moral conscience’. Thus habit, thought and character are moulded and standardised. **Morality within a context of religious exhortation is most powerful; men fear God more than social disapproval.** Or at least, they used to. In the ‘West’ this statement can no longer be said with any solid conviction. Now Western man fears ‘the state’.

The power of key individuals to mould, shape and guide societies.

The formula is – powerful individual + receptive and ‘sympathetic’ society = ‘**Authority Resonance**’. If these two factors are present, man can move mountains. The examples and acts of men of genius such as ‘Jesus’, Mohammed etc. appearing at ‘key moments’ (tipping points) so captivate men’s minds as to turn the very course of human history. New fashions of perception, integration and expression are created: abstract concepts alone such as ‘social forces’ account for nothing in human life without supporting mental holograms. Man does what he does customarily because he is lead. ‘And everywhere that Mary went the lamb was sure to go.’

Corrupt psychopathic individuals who seek to destroy others may take societies in pathological directions: in fact they usually do. It is obvious that most ‘civilised societies’ are designed so only an ‘Elite’ can get their needs met and screw everyone else. With this certain reality in mind padawan, let us continue...

Part 2: Creating human uber-marionettes: programming techniques.

‘I find television very educating. Every time somebody turns on a set, I go into the other room and read a book.’

Groucho Marx.

The 2nd part of this book is quite different from the first. Ready?

Do we live in ‘Opposite world’?

It is a major contention of the Rogue Hypnotist that we are conditioned from birth by accident and by design to live in ‘opposite world’ – this is a culturally induced hypnotic reality that is installed in our young minds. It is so at odds in many ways with reality that it leads to dumb decisions and countless, avoidable ‘mistakes’, dead ends, foolishness and great headache. **The prime task of good mental health and success, happiness etc. is to replace opposite world holograms with an as accurate map of reality as is humanly possible. *This means from time to time we have to challenge our assumptions even if it makes us temporarily uncomfortable.***

It means our ‘teacher’ should be ourselves via observation and experience in our own day to day realities and not the mesmeric ideas of various cadavers and living ‘authority figures’, self-appointed gurus and the inexorable power of mindlessly repeating crowds. To do otherwise is to cease to be fully human, for it is only by using our conscious mind’s ability to **evaluate and discriminate** that we may claim to be human and sentient at all. To do otherwise is to remain as cultists do - in ‘opposite world’; in a waking trance, dissociated from general reality. Most people are not always in ‘opposite world’, they may fractionate in and out of it, many are locked there almost permanently. Surprisingly, these may not well constitute a hypnotist’s client base: rather they are likely to be those who are happy in misery when they shouldn’t be; those who have adapted passively to the insane, the odd, the unhealthy - rather than the ‘neurotic’, so-called, who has the spirit left to fight! His or her agitation and conflict is actually a sign of sanity. The programming hasn’t taken – there is conflict.

Are we all Kasper Hauser? Hypnotic child rearing procedures.

It all starts with the alphabet, sort of. Pre-symbolically? Well it starts with noticing how others are behaving around us to learn what is ‘normal’. All mammalian offspring look to adults to know what to be afraid of. If the adult evinces no fear in response to x (a given stimulus) the young mammal

does likewise and vice versa. Research into hypnotic age regression in US hospitals has shown that children's subconscious minds record and recall, at a subconscious level, all that was said to them, or around them until they could speak their native language. Once the unconscious decodes the language it understands the communications in the previously undecipherable memories. Children indeed do pick up on everything. But back to the alphabet.

The Phoenician/phonetic alphabet.

Modern English is recorded in the symbolic coding structure derived from the Phoenician people. We call this the 'alphabet' (alpha beta – geddit?). **The alphabet is unique in that it bears no resemblance pictorially to the sounds or meanings it expresses.** Essentially it is a dissociated computer code that is programmed into us in early childhood. In natural tribal societies language is primarily a spoken affair. With regards to communication the natural bias in our minds/natures is toward sounds – the soundscape. However when we learn this Phoenician computer code and so learn how to write and read we immediately become civilised. The linear structure of the alphabet presupposes linear thought, organisation, chronology and structure. It also somewhat dissociates us from our emotions and experience: it makes us more objective. Tribes people are neither, being emotionally voluble (expressive) and intimately connected to ongoing experience. Classical Western art also makes us spectators rather than doers. We are not involved in the experience, we observe it.

The alphabet took communication systems (written language) that had hitherto been the unique role of priests in ancient society and gave the soldier the ability to communicate easily and quickly over large distances. Both Greece and Rome used it to create their Empires over wide distances. This allowed mass coordination of human activities of all kinds: fighting, economic, industrial - over vast distances of time and space. The alphabet is a military code.

The act of installing the Phoenician alphabet in us in early childhood cannot be emphasised enough in importance in cultural hypnosis. It switched natural human biases for aural preference and put stress and

emphasis on visual information processing systems. It is no overstatement to say that we live in a primarily visually stressed world as a result of it. It

can be used for any language on earth as it bases itself as a code form on discrete sounds. It is an incredibly advanced achievement for supposedly ancient peoples. The Phoenicians, a sea faring, trade-merchant people from North Africa seem to have had a rare genius in producing such a farsighted technology, because it was inherently *global* in reach. For, make no mistake about it, the alphabet is a technology. It detribalises man.

With the arrival of the Gutenberg press local ideas and customs could be penetrated and the ideas of others outside a native culture group could be considered in private. The author could speak to the reader alone. Ideas could be transported over time and space. Paradoxically **the alphabet and the book have increased and enhanced our capacity for individualism and standardisation.** If everyone reads the same books, they'll have the same ideas. So we have the technology of the alphabet and of the book. From these technologies ideas could be diffused as required. The earliest building blocks of cultural hypnosis that affect the young child are well and truly in place.

By emphasising vision it also begins the process of 'specialism' or division of labour: functions once naturally balanced and with widespread applicability now take on differing and specific roles.

The brain code and the code storage device changed the natural balance in our natural neural makeup. This may be why hypnosis is so powerful: our native information processing style is through oratory – the spoken word. Hypnosis taps into this ancient preference and hence I think therein lies much of its power. However words in books can hypnotise and suggest/programme too as we shall see.

Based on this evidence we cannot say that modern Western man is in any way man in his natural state for good or ill. **The part of the brain that encodes any kind of alphabet has only been doing so for about 4000 years; it was not evolved/created (depending on your view) for such a function.**

All technologies, even the not so humble alphabet change the cultures they come in contact with. Modern Chinese is being forced to adapt; its inherent variations in tone are being altered, by its contact with the domineering alphabet.

I am convinced that consciously or unconsciously Milton Erickson used his 'ABC' early learning sets because he knew that this was the first time we were being encoded with abstract visual symbols (glyphs) from which we derived later meaning. He was re-associating the brain to its earliest visual-semantic learning experiences which were very profound and in fact shaped its cognitive-behavioural output thereafter. He was linking his hypnotherapeutic change work to an experience that deeply embedded itself in the young brain in ways not really understood even now. **Changes in information processing that would change that person - forever.**

If you doubt any of the above, think of it this way:

Rationality, consciousness is composed of many differing ratios of all the senses. It can be weakened or prevented from functioning by an **intensification and or dimming down of any one particular sensory modality**. If you've read part 1 or my other books what does that remind you of? Hypnosis! If any technology is introduced into any culture that emphasises just one sense you de facto hypnotise it! We have TV. Ooops!

All **media is an extension of our body's senses**: books, newspapers, TV - an extension of sight, radio - sound etc.

Number removes touch.

Crowds and their sought after sense of touch can be reduced and abstracted down to number/numerical form: naturally we count with our fingers, feel/touch them. The Eskimos count up to 6; after that all is a 'heap'. Human sensory modalities are interconnected – this is the basis of metaphor and synaesthesia. **Numbers reduce or dissociate real things into symbols** - these odd symbols are then programmed into our brains as if it was all quite normal. Again the young subconscious has been encoded with some civilised yet detribalising 'alien' code. A non-visual mode was transformed into visual input. This is why Marshal McLuhan said, 'The media is the

message'. For by its *nature* it changes communication processes, as does content conveyed by all media.

The hypnotic principle of repetition/repeatability is presupposed by any abstract code such as numerals or letters. Like the alphabet number is fragmented, sequential, uniform.

The sound of speech transmogrifies into visual signs.

The touch of fingertips transmogrifies into visual signs.

The feel of emotions transmogrifies into visual signs.

As the Greeks borrowed their superior number system first, they were not pushed too far to adopt the Phoenician's letters next. Today we use Arab-Indian numerals and call them our own, and teach them to our children. It's a bloody odd world this! _____

Cultural hypnosis through childrearing styles.

Much of the values we install in children are derived from how we specifically raise them and how we don't. One child rearing practise presupposes a relation to self and others quite different from another style of doing so. In fact so powerful are such unspoken learning procedures that they affect our emotional life for life, give us our core values which guide all else we do, and mould our ability to relate to others in meaningful ways or not. The child rearing processes of the modern West are deeply unnatural, traumatic and drive a wedge through native, normal and healthy family relations: but we have been conditioned (because people receive their reality sense from others doing as they do) that giving away our children at age two to be raised and 'educated' by total strangers outside of the home is quite natural; when the polar opposite is the case.

The effects of child rearing styles.

Let's first consider the 'softening' practised by Polynesian tribes. The tribes of the Polynesian islands had a strange custom: when their toddlers reach about the age of 2, the adults stop looking after their own children exclusively and the child is reared by 'the community'. This is highly traumatic for the child who perceives he or she is no longer 'special' – this

leads to a 'cooling' or 'softening' of family attachments. **The parent-child bond has been weakened and the close family bond is transferred to the collective.** Children in cults undergo a similar process whereby they are separated from their parents and from one mother who dotes on them exclusively. They are raised communally by those designated to do so. In such a situation, rejected by the parents, the child bonds strongly and loyally with his peers as the work of child psychiatrist Bruno Bettelheim has shown. In this way natural, family bonds are broken. The child becomes the property of the 'collective'. No one is special to anyone else. Interestingly this was the aim of Communism.

In the Post-West (as I call it) we now shove our kids off to kindergarten at age 2; I have seen proof from 'school reports' that our very youngest children are being monitored in quasi time and motion studies by the 'teachers'. O-k...

The vulnerable adolescent brain.

During adolescence our brain changes dramatically: some neural pathways are strengthened and protected, other die off. The neocortex (conscious/preconscious/planning etc.) becomes much better at controlling all brain functions - including emotional processes. It is my belief/opinion that the human brain is most susceptible to programming in this transitional phase: neither fully child nor adult, the brain can be remoulded as a programmer sees fit. The informational pathways, experiences of adolescence will be almost always hardwired in. This is why cults and the army try to get people before the age of 25 when the brain starts to fully mature. The average age of army recruit and cultist is about 19. The brain does not fully mature to at least the early 30's if not till 35. If the individual has collected 'pockets of wisdom' by this time, they seem to spontaneously coalesce and produce a wise adult – a clear, accurate hologram has been generated. This leads to navigational success through reality. Unless some bastard cultural hypnotist gets in there and f**ks this natural process up!

2 teen neuroscience facts:

1. The neocortex which controls impulsivity doesn't develop till 20.

2. Teen's brains shut down when criticised by their parents.

The enigma of Kasper Hauser.

On 26th May 1828, a teenage boy appeared in the streets of Nuremberg, Germany. His name would come down to us as Kasper Hauser; a strange boy of 16 who later told the local mayor that he had spent his whole life isolated in a darkened cell, approximately two metres long and one metre wide, one and a half high. His quarters were furnished only with a bed of straw. He had two horses and a wooden dog to play with and stimulate his mind. He was kept there by a man who never revealed his face; he fed Kasper only bread and water and taught him to write his name. After his release Kasper was found to have a great memory and learning capacity with a special talent for art. Although he swiftly became an international celebrity of sorts he was later brutally murdered, apparently by the mysterious man who had held him captive previously.

Whatever the truth of the reality of 'Kasper Hauser' we can learn this in our study of cultural hypnosis – our environment shapes us, stimulates us, holds us back, allows us to express our talents and abilities: as it is so shaped by the people who create our environment. Yes we have inborn instincts and gifts, skills: but without the proper supportive, nurturing, loving environment we may well be damaged before we even have a chance to discover who we and others are and what reality is all about. Our inborn potential is deliberately stunted. With these beginnings...

Narrowing the focus of attention with cultural hypnosis.

In my first book, 'How to hypnotise anyone,' I pointed out the prime importance of narrowing the focus of attention to induce hypnosis. Let's talk about this in more depth with regards to cultural hypnosis.

Conviction with regards to any opinion (meaning 'choice') is created by limiting the attention upon the idea etc. you wish to convince anyone of. A mind with a dampened executive function is capable of believing everything suggested to it without the protection of critique. Psychologist William James believed **belief and attention are identical. Excitement = credibility; passion is to affirm.**

Platform and press.

Generally speaking if you hear someone 'important' talk, you do what? That's it, you shut up and listen. As you sit still and he blabs on, you think nothing but his or her thoughts - for a smidgen of time, just to process the information he is presenting you with – you must believe them! At least most do. In other words: your critical mind is down.

If a large crowd is sympathetic to speaker x and all of their pre-symbolic communication (claps, facial expressions, murmurs etc.) is expressing approval with his words, this influences those present and shuts down their critical, executive functions. Independent thinking is paralysed. Not even heckling upsets this condition: amongst the faithful it may strengthen it. And remember the speaker has the last word. The speaker has 'strategic superiority'.

Judge, jury and executioner?

By the nature of a jury trial the jury member's executive powers of judgement are suspended. Whilst the prosecution speaks he is assured of the accused guilt, and vice versa, he is assured of his innocence whilst the defence speaks. I have performed jury service as a naïve 18 year old lad and know of what I speak. It is the judge's summation at the end of this dual that leads one to reach an 'impartial judgement' - according at least to the law's dictates. This means that by his slanting, the judge often decides the verdict or at least steers it by narrowing down the possibilities of what supposedly happened and what will happen as a consequence. This we call 'Justice'.

The narrowing down of newspapers.

The press narrows down your opinion by focusing your attention on 'news' (information to be processed) that support the trillionaire Power Elite owner's etc. agenda; the Power Elite exists- in the 1970's a liberal US journalist Bill Moyers, former White House Press Secretary for the Johnson administration from 1965-67 made a documentary called, 'The world of David Rockefeller'; Moyers concluded that between 12-15 men at any one time were making the major decisions for all major world corporations.

Almost everything opposing the media agenda is ignored, has no voice and is therefore de facto deleted, excluded from a reader's, viewers awareness. He is rendered incapable, like the jury member who has heard only one side of the case, from forming an accurate holographic representation of reality. The newspaper magnates, their editors and journalist staff (hypnotist-propagandists) have the ability to repeat such 'editorial slanting' (tripe – lies like truth) over and over and over again. Content of information may vary as much as a Big Mac is different from a Macy Dee's Cheeseburger – you're still fed the same slop!

Moreover, this **hypnotic repetition** occurs week in week out. It is a truism that most folk read the same news publication day in day out, year after year. Unconsciously saturated by such slanting and repetition they are effectively brainwashed to reach the conclusions desired by said trillionaire and his cringing hangers-on. What the perennially dim-witted reader imagines to be 'my views' are nothing of the sort. This was brought home brilliantly to me in personal life through a tale my dad tells me now and again about a British Labour MP that he knew who incessantly parroted the 'globalist' views of the British establishment's left-cover rag, 'The Guardian'. You only have to sit on any public transport to have this observation confirmed: people cannot carry out their own reasoning - the press does it for them!

Are their only double-binds? A question of 'choices'.

You can limit attention by arbitrarily allowing only two 'competing' views that require a 'yes-no' response. Nothing else that could feasibly even enter into and beyond a purely linguistic and fabricated double bind is permitted hearing. One may only affirm or negate a proposal. The ousting of any other competing claims to those much sought after by the powerful is essential if you are to guide the 'thought' of the masses. Even wars only occur between two sides down through history – there is NEVER a third!!! Have their only ever been two opposing forces? You're either for us or against us! Hmmm?

Political candidates for 'high office' are chosen by tiny factions before a public even usually knows of such characters. It would be interesting to

know how many people in the US would have voted for Nixon had they known his early shady dealings with ‘Mafioso’ Myer Lansky and his first law client, hit man Bugsy Siegel. Candidates are preselected behind closed doors and wheeled out to a largely ignoramus public whose vote ratifies whether they get cheese brand A or B.

The narrowing funnel of technology.

The telegraph, telephone, trains, press, radio, cinema and overarching web of the Inter-net (you’re the fly!) have and are increasingly bringing people into vast virtual crowds, much more prone to information disease and contagion. Emotions and attempted critical judgements may be played like so many instruments by very expert players. Once focused through such media, the brain’s information processing capabilities may well be so stunted and poisoned as to be rendered executively offline. *All you need to do to grab the collective mind through these media is to generate ‘collective emotions’. They need not be based on anything tangibly real or verifiable.*

Hypnotic words and other forms of prestitution.

Slogans are more powerful than armies and should be sent in first to soften up an enemy, more powerful than any Special Forces are they. Words are the currency of ruling men – they narrow mind and perception like nothing else. A politician must be a ‘good talker’ (hypnotist) if he is to succeed. Now, let’s talk about the origins of the term ‘whitewash’.

Caesar’s whitewash.

Imagine you are a poor slave in Julius Caesar’s Rome. Powerful men must use words, printed ones usually, to reach into the minds of men and mould them: how?

The order was given - chosen magistrates selected appropriate walls in the city. Paint them white – *white wash* them. Write the ‘news of the day’ as filtered through the process of pleasing the Emperor upon said wall. It’s your only source of information, you can buy no hand copied booklets (the earliest newspapers) as the better off citizenry – it’s a whitewash!

Not soon after the turn of the new ‘millennium’ in the former UK, the old major newspapers were becoming so unpopular in London that the great and the good members of the Power Elite who owned them gave them all away for free and still do to this day; perhaps losing money is profitable if the majority can have their mind’s focused in ways that please their masters? Rupert Murdoch’s Sky News in the UK makes massive million pound losses year after year. He’s a businessman – why make a loss? Figure it out genius! I’m such a cynic.

Journalists as agent provocateurs?

Journalists are, have been and ever will political agents seeking to bend the mind of their devoted readers; the vast majority (99%) of hacks tow the party line or get another job fast. This is why most are true believers in classic cult-like fashion. Don’t believe me? Look at this list of Bolsheviks, all were journalists – Marx, Lenin, Trotsky, Radek, Bucharin, Kameneff, Lunacharsky, Karachan. The rule: feed out nothing that opposes your cause and success is almost always guaranteed. You control all the information that can be processed – you hide what you want kept secret, you reveal what you want known; you slant and doctor what IS shown. Karl Marx himself, bearded schizoid psychopath that he was, was a professional journalist who worked for ‘capitalist’ newspapers; his position of wanting to destroy Western society was well known: why did they hire and retain him? Hmmm?

What do you actually know about any of the newsreaders, anchor men/women and ‘reporters’ who would like you to believe that what they say is 100% gospel? Why do you let them form your hologram of what is going on in this world? Perhaps the answer is that we must all become our own investigative journalists and do our own research; after all you can trust yourself at least. Can’t you?! I will provide more proof about the dubious nature of the ‘press’ in my brief expose of the British TV news media and when we look at the work of cult deprogrammer extraordinaire ‘Black Lightning’ or Ted Patrick to his friends.

Shutting up the opposition.

To hypnotise the masses you must ensure that only one voice is heard; like the hypnotist and his subject. If any Power Elite is threatened from within how does it destroy this threat? It prevents the 'enemy' from communicating with potential recruits to the cause. This is commonly known as censorship. Oliver Cromwell and the Bolsheviks put such tactics to good use. In order to rule men you must monopolise the means of manufacturing the public's attitudes. There can be no competition. This is the art and science, at least in part, of forming that very real fantasy, 'public opinion'. Then why am I writing this and why is it being published? Because, unlike many media sources, Amazon believes in freedom of speech. Thank God!

Journalism as bitchy 'Tourette's syndrome'.

Another perversion of journalism is its incessant bitchiness especially with regards to women and their looks. 'Oh look and so and so! She's hot!' or 'Look at so and so! She looks so old and ugly today!' So-called 'journalists' (opinion moulders) write articles about vapid subjects that **focus people on the surface of themselves**. Not only this but this 'culture' of what can only be called the worst kind of bullying, rudeness or cultural 'Tourette's' (saying the first thing that pops into your head without censoring it) is encouraging a more general smug sadomasochism in general amongst the public. This celebrity-looks flagellation is unhealthy and self-esteem destroying. It is making people who focus on such superficialities unwell. It focuses them on trivia. It turns people into narcissists: selfie anyone?!

The hypnotic delusion of 'inevitability'.

'It IS going to happen and there's nothing you can do about it!'

Or that's what they'd like you to believe. A cunning device for culturally hypnotising any group is to install in it the fantasy that something is 'inevitable'. What do we mean by 'inevitable'? The origin of the word is from Latin 'inevitabilis', meaning 'unavoidable', from 'in' – 'not, opposite of' and 'evitabilis' – 'avoidable'; which in turn is derived from 'evitare', meaning, 'to avoid' - from 'ex' – 'out, and 'vitare', meaning to 'shun', which meant, 'go out of the way'. This is really fatalism – the idea that

something is ordained by fate, like death and taxes. It is used in psychological warfare to demoralise resistance.

Let's say you are a politician running for office or should that be orifice? How do you win? Convince the majority of sheeple that you are inevitably destined to! But how? Use the 'claque method'; gather a band of political supporters who applaud the great leader on cue (like those old Commies). Claque is from the French, 'Claquer' – 'to clap'. Happy clappers, canned laughter, a prearranged response in a theatre with someone pretending to be an audience member: that kind of sh*t. This creates an attractive stampede to want to join in with the useful idiots of the political whore whose ass they kiss. This is the purpose of 'straw votes/polls' which are especially important in US political caucuses (delegate selection/resolutions etc.). A straw poll is simply an unofficial vote taken (imagine a 'chance' gathering of some kind; they're not rigged or anything!) to indicate the relative strength of opposing candidates or issues. You can also say what the bookies are saying about x, y, z. The idea is to convince the plebs that the deal is done and dusted; the actual vote is a mere formality.

At US political conventions, orchestrated and enthusiastic stampedes (of the lemming variety) toward the candidate of preference con the unwilling beholders of such farcical spectacles that some kind of attractive, explosive lure of inevitability attaches itself to the new 'messiah' du jour (of the day). It is a scene as spontaneous as a whore's love, as honest as a racketeer. This faux enthusiasm is however infectious, contagious, and the sleeping mob is caught up in the fanfare of the latest carpetbagger who can turn lead into gold. It's the hope that gets you! This is known as jumping on the latest band wagon.

Remember: people like 'winners' - causes and personas - if they perceive victory, they want to be associated with it and will change sides accordingly. It's human nature.

Here are some overused nominalisations of inevitability: 'Evolution' – in biology, the idea that everything was once something else and will be something else in the future. In politics or general rhetoric, used in the sense

of the general trend that is all for the best in all possible worlds; also known as that siren-shaped mirage ‘progress’.

The gang of thugs who most touted the delusion of inevitability were the ‘Marxists’. Spouting their slogans of hell on earth as being part of some semi-theological-semi-scientific and historical ‘process’ known as ‘historical dialectical materialism’. Leninist Gorbachev would prattle on about ‘objective processes’ etc. In essence this meant the ‘coming slavery of man’ as Herbert Spencer put it. Thankfully we aren’t quite there – yet.

Shopping for philosophies and other reasons for living.

It has come to the Rogue Hypnotists attention that vast hordes of Post-Western man and women have become empty shells with no set of core beliefs or values with which to sustain good mental health or any sense of purpose or meaning. With the death of Christianity and the soulless dearth of the religion of ‘atheism’ people are left ‘floating’ like cult recruits or ex cult members; seeking anything or anyone, any system (politics is the Greek for system) that will provide meaning and structure to their lives for them; so utterly incapable of generating their own are they through prolonged and persistent trainings in inter-dependency on others to do anything, even supply a reason for existing. This has left many vulnerable to any carpet-bagger - ‘Join us and have no more problems!’ charlatan or psychopath.

Devoid of any traditional meanings or sense of identity Post-Westerners are increasingly looking to bizarre, occult and ‘Eastern Philosophies’ for ‘answers’. As the Post-West had become increasingly materialistic, the search for ‘spirit’, for something vaguely ‘more’ than just this world has left many a person ‘shopping for a philosophy’. They are thus easy prey for any intrigues that may lie ahead.

The sham politeness of sales ‘people’ and other follies.

Simply put ‘sales’ is psychological warfare by a sophisticated, highly trained and organised few against the dumb mob. The prime directive of the creature that calls himself a ‘salesman’ (pimp) is to break down ‘sales resistance’ (not wanting to be robbed). Why don’t we just turf that scumbag

out or off when he approaches us? He has a powerful trick up his sleeve if he is smart. Know what it is? He is very polite! People do not want to be perceived as rude (I'm the exception!) – this is what makes them listen to the sales patter. So you have got the sucker's attention!!!

Next? You must awaken the sucker's interest and put it into action. The best tactic is to say,

‘This will save you money!’

But salesmen are expert psychologists/psychoanalysts/cold readers too: they know you, inside and out. He looks out for –

- Governing ideas.
- Suppressed wishes.
- Complexes.

In other words: why would the sucker buy the sh*t you sell from you?! What motivates him or her? Find their weaknesses!

So when you work out the above you need the sucker to sign his soul away. How? Simple, as he or she is thinking about whether they should do so...

- Use their politeness against them – drop your pen accidentally on purpose, as they feel sorry for you and pick it up, point at the signature space and smile. *This is an indirect suggestion to write through the sense of touch.*
- Act like an evangelist revivalist God Basher and urge the fallen soul to sign now as you grasp his arm, tell him it's for his own good, in his best interests to ACT NOW. You *create a false time constraint* – a dramatic sense of fake urgency. Funnily enough this is what Casanova did in order to seduce women.

Once their soul is yours FLEE! Get out – do not see them or contact them until after delivery of product x. If at all! You have enthralled the sucker, the show, the hypnotic ritual is over. Once he or she emerges from their hypnotic reverie it is too late to go back.

What we call 'sales' is actually a game: it is a battle of wits. It is legalised psychopathy.

The power of the printed word in advertising.

Ok I can't get physical access to you. Sh*t! How do I sell you junk you definitely don't need? You use the demonic power of the printed word! Why is the printed word so awesomely powerful?

- Above all else it can utilise the principle of hypnotic repetition.
- It cannot be immediately contradicted or dismissed – it is right in your face, immovable! No matter how many times or what angle you look at it the message is the same! It's so damn sure of itself! It has authority!!! Ah! It is fixed, unchanging, in stone as it were and this immovability makes it very powerful and compelling!
- You can't avoid it or silence it by telling it to shut up! It is!
- It can pursue a person even in their most private place and moments: it is insidious.
- It may grab him as he looks up at the sky!
- It can get him while he is reading other things that are of genuine interest to him and grab that mood to its own advantage!
- It may be written in moving lights that hypnotise him like a dazzling, sparkling watch!
- If a large group of people are amused by some piece of print you will feel a lemming-like group herd compulsion to join in. 'Shucks well if they all think it's good George! Go on George tell us how it's gonna be wid dem rabbits and, and the alfalfa!'
- Over time a piece of advertising becomes a perverse cultural artefact, people talk about it as a real thing; it becomes that most powerful of all things: a myth. Ah! There is power in a myth!

Am I getting through to you??!

Mob prestige.

Not only does cinema and theatrical advertising attract the mob with its bold colours and shapes etc. but because *it is viewed by a lot of people*: by implication it must be important. In London the bright lights and posters of the West End simply are a part of the furniture. They are visual suggestions for attendance by the fact that they seem just a part of the place and not really advertising at all. The effect is subliminal. This is nudging.

Techniques that are repeatedly attention grabbing.

1. Using relentless attention grabbing modes of communication such as loudness, bold print style, phrase use and colouring to create a perceived link between a real need and one specific way of meeting that need, i.e. your product. Ad men are concerned mainly with the *how* of delivering this message.
2. The top right and bottom left of any space or page has 'pulling value'. That is the human eye comfortably and naturally gravitates there.
3. Do not give dry statistics – favour the unthinking symbol-image which sums up the satisfaction of the human need. If advertising fish, do not show stats on how healthy it is for your heart etc., show the diner in a state of near ecstasy while devouring it. Light up the instincts dynamically! Instinct overrides brains!

Poker-faced haggling in sales negotiations.

What are the secrets to successful sale negotiations?

- Know the rule: he who wants something is in the weaker position.
- Know the rule: prices are not, as assumed, fixed and unflinching.
- Know the rule: linked to the above - there never *is* a 'price', there was a price!
- Know the rule: in a similar vein - the price is that which x (commodity/service) is sold at a given moment.
- Know the rule: in human interactions much depends on bluff.

- Know the rule: a poker face wins the day. Suppress all emotion – think cold as ice!
- Know the rule: use body language, voice tone etc. to make your opponent feel too optimistic or frighten him into giving up too soon when your hand is actually weak. Mislead in order to win.
- Know the rule: if you are a buyer and you can arrange a situation in which a number of sellers are competing for your cash, you will have the upper hand - as they will all be competing against each other.
- If buying, do the following: 1. Ask the salesman for his current lowest offer on x (x being what you want). 2. When the seller offers to reduce the price by y calmly offer two thirds of what he offers. 3. The seller will refuse but agree to reduce the price a bit more – you have moved him further toward you. 4. State that it is two thirds or nothing (as if disappointed) and make as if to leave in a dignified manner. 5. It is at this point that the seller cracks! He knows you want what he has, he wants your cash – a compromise is reached.

Japan before Pearl Harbour: a study in mass hypnotism.

The following examination of pre-World War 2 Japan should in no way be taken as a criticism of Japanese culture which I personally find to be beautiful and noble in many ways. It does however highlight how a culture may be used as an escape into a mass ‘fantasy trance’ as opposed to facing up to stark reality. First off let’s take the Japanese tea ritual. My source of information is from a book I mentioned in my 6th in my series, ‘Crafting hypnotic spells’. It is called ‘**Year of the Wild boar**’, and is written by **Helen Mears**, a woman who spent time in Imperial Japan just before the savage slaughter of men, women and children took place in WW2.

The hypnotic tea ceremony society.

All Japanese rituals were in and of themselves **expressions of the symbolic**. The elaborate rite of flower arranging was a tribute to nature, an expression of a mood having to do with social ritual etc. In the tea ceremony, theatricality, costumes, repetitive movements etc. expressed a **make-believe**

in real life. As an American woman, Mears saw the basis of then Japanese life as having a dominant mode of unreality. Symbolic gifts, various polite courtesies, the exact number of bows, the precision of hand positions were a mixture of believed in imaginings to her eyes. A genuine belief in the supernatural and mythology, which was even reported on in newspapers, continued this theme of fantasy-reality blending. This was done without thought: in fact, when she questioned the Japanese people she met, of both sexes, they were stunned to be asked questions about aspects of their culture which were beyond criticism and merely assumed as being ‘the way things are’. Even the history of Japan was expressed in history books as part historical event and person and part legend, with Emperors really being gods! The Japanese had been trained to confuse fact, fantasy, history, legend and the imaginary as one vast mosaic of a semi-contrived reality.

Mears found it hard to understand this mixture of symbol and the real. Westerners are used to thinking in concrete terms; the Japanese had been trained to ‘think’ in terms of images and symbols – as a hypnotised person does! Although the Japanese were involved in a speedy catch up with regards to industrialisation as a way to protect themselves from Western dominance at the same time, they believed their whole natural environment to be populated by a host of fairyland deities, goblins and sprites. Much as had Europeans of the Middle Ages. The ‘Way of the Gods’ or the Shinto religion was powerful because of its very **hypnotic vagueness**. It had a total absence of conscious intellectual dogmas. It expressed **subconscious feelings as opposed to conscious mind enquiry**.

The effect of this social somnambulism was positive in intent: it preserved Japanese civilisation but kept it static in all areas. In the West by contrast a hectic dynamic process of constant change was afoot (it hasn’t stopped!). The Japanese rightly knew that their very identity was challenged by such changes; some responded by tenaciously clinging hold of the old trances. Thus Shintoism was used by the Japanese Militarists/Imperialists to channel feelings of aggressive Imperialism posing as a ‘defensive’ ‘nationalism’.

Mass hypnotic rituals.

Mears witnessed many resplendent pageants and festivals in Japan. One she describes in detail. It is a clear example of a social ritual inducing mass hypnosis. Let's examine it; it involved the Buddhist Nichiren sect.

- Syncopated beat of tom-toms pounding ceaselessly to the monotonous chant – ‘Glory to the Sutra of the Lotus of God’. It has a primitive, ‘voodoo’ quality. **(Auditory monotony induces trance – there is no requisite variety of input.)**
- Pilgrims marching in groups, wearing white robes. **(De-individuation – colour monotony.)**
- Eyes fixed and staring – as in hypnosis.
- Excitement and tension built up throughout the day. **(Elicitation of emotional states – emotio-nosis/exhaustion.)**
- ‘Mando’ boys dance frantically and emit harsh cries. **(Dance trance and surreal trance.)**
- Streamers are whipped so they resemble serpents. **(Fixating visual monotony.)**
- An undercurrent of insect noises and sultry air. **(Environmental factors assisting trance induction: monotony + repetition of insect noise, heat and humidity make it easier to stress out individuals and program them; cults know this and utilise it. Result? Mass sensory overload.)**
- The crowd became one and seemed ‘possessed’ – it seemed to be a new organism. **(The group had become one unthinking mind: crowd-nosis!)**
- Communal self-hypnosis formulas were repeated. **(Thinking blotted out – any kind of repetitive chant does this. Normal ACC function is altered.)**
- The process destroyed personality. **(Cult ego-death. The true self is replaced by the ‘zombie trance’.)**

- *Note: It reminded Mears of Hitler's rallies!!!*

These same themes will be found and repeated, over and over in this book. They are the mind keys to cultural hypnosis. Knowing this information will protect you from it. Let us now turn our attention to the Middle East.

Generic factors in religious hypnosis.

To list all the rites etc. of all global religions which contain hypnotic elements would require an entire book to itself. Below I have created brief set of examples to look out for; it is by no means comprehensive.

Hypnotic rites.

The faithful receive religious instruction/indoctrination (depending on your view) from childhood. They are immersed in the faith and primed for 'hypnotic activation' at any point. They have a specific religious hologram.

Priests, clerics and officials clothing. Sombre colours are worn: black, grey. (Colour symbols – see book 1, 'How to hypnotise anyone'. Black, grey. are linked to death and power.) Red is also worn: the colour of revolution.

Physical symbolic acts and gestures. A mass contagious physical action linked or expressive of an emotional state: mourning/grief, elation etc.

Religious stories etc. are described over and over in graphic detail.

Painting vivid images in the minds of the faithful. Giving sermons evokes imagery, uses repetition and leaves the faithful no time to think or generate their own imagery or meaning.

The followers chant endlessly. This is an executive control mind stopping action. It shuts down consciousness. Just repeating a name incessantly will do this. Mantra repetition shuts down the executive function.

The faithful's emotions are stimulated. For example: they are moved to tears and sob inconsolably. Pure 'Emoto-nosis' – see book 4, 'Forbidden hypnotic secrets'. Beware especially pity and horror – this creates 'trauma trance'. A very powerfully programmable state.

Rite processes continue unabated for a prolonged duration. Cults do the same, breaking down members through intense, chronic indoctrination sessions.

Early morning or late night indoctrination. Exhaustion makes you more suggestible.

Violent or self-flagellating acts, ideas or imagery. These are all signs of people in dangerous pathological trance states – like zombies. The faithful may scourge themselves like medieval European flagellants. They are often described by experienced observers as ‘automata’ – machines. The zombies often experience no pain as they are in deep waking trance i.e. spontaneous pain control – a hypnotic phenomenon.

The veneration of death. A morbid direction as a list of the mind on death as the ultimate spiritual experience and not living a ‘good life’. This fixates the mind on obsessively morbid themes unconsciously. The acolyte’s self-preservation template is overridden and reprogrammed.

Mass group focusing on a symbolic relic of some kind. A horde of spectators is focused on a bizarre spectacle. This can just involve following a symbol.

Group singing. Accesses emotional centres and stops thought in performers + listeners.

The creation of rhythmic percussion. Creating a mind-numbing dirge/din. Rational thought is nigh on impossible in such circumstances. In some instances this can create a spellbinding ‘hollow sound’ etc. which can slow and calm or speed up and excite. The subconscious metronome of the human mind is hijacked; thought is stopped and the mind focused.

Dancing. More percussive instruments with metronomic qualities such as tambourines can be brought to bear on the crowd. They are played with increasing frenzy and the crowd dances likewise = dance trance. An alert trance activated by physical activity.

The faithful form mass processions. Hypnosis through de-individuation + physical proximity.

The artificial induction of ‘spiritual experiences’. At the given ritual’s climax, the faithful are encouraged to cry out and they seem ‘transfigured’; converted/alterd – literally ‘changed shape’ or ‘trance shaped’: shaped by trance! A state of ‘divine ecstasy’ has been hypnotically induced. Remember the NS section on ‘spiritual experiences’?

All very severe form of cultural hypnosis nes pas? Beware the hologram! Later we will respectfully examine specifically ‘Christian’ trances. I know Christians won’t mind as they tend to be very tolerant and have a good sense of humour.

Spellbinders.

The purpose of human oratory is not to disseminate information, it is to dominate and direct large numbers of people without whose slavish devotion no massive enterprise was ever even gotten off of the ground. **The Greeks regarded the power of oratory as a black art.** All oratory is planned and aims at directionalising the mob wither so the speaker or ‘spellbinder’ wishes. Aristotle said such powers of persuasion were, ‘The art of enchanting the soul by argument.’ Argument is the last thing a spell-binder wants, believe me! Paradoxically no system of Government is as prone to the powers of spell-binders and spell-binding than a democracy!!!

What makes for effective spell-binding?

- You must understand the psychology of man: this was termed by **Abram Lipsky** author of the now out of print, ‘**Man the Puppet – the art of controlling minds**’, as knowing individual ‘soul nature’. You must understand his emotional dynamics which literally pull his strings. As the Roman orator Cicero said, *‘For who is ignorant that the highest power of an orator consists in exciting the minds of men to anger, or to hatred, or to grief, or in recalling them from these more violent emotions to gentleness and compassion? Which power will never be able to effect its object by eloquence except in him who has obtained a thorough insight into the nature of mankind, and all the passions* of humanity, and those causes by which our minds are either impelled or restrained.’* In other words bypass his critical faculty and access his animal instincts. (*Highlights mine.)

- The listeners must be as **physically compacted** and close together as is humanly possible. They must be touching and able to hear their near neighbour breathe - this induces instant mob psychology and crowd-trance or group hypnosis if you prefer (for greater detail on crowd manipulation see book 5, 'Wizards of trance', and read the section about Gustav Len Bon).
- **Excite applause** by whatever means to bind the crowd together with a united unthinking mind – truisms and clichés which elicit universal approval work best.
- Use **funny stories** – these put the audience in a good mood about the same thing. When we laugh, the critical faculty goes down!
- Mobs are won over by a **good beginning** not progression to a good end.
- If you can get them to **like you**, all the better.
- The magic of the spell-binder lies in his **eye power!** Great orators fixate crowds with a hypnotic gaze that is very intense (this alone works for psychopaths, see my 4th book). This as we know from our information from NS can induce trance alone. Eye power makes your words seem significant, fascinating and contagious.
- The next wooer of the mob is your **voice power!** It should have a wide range of expression through all the musical notes. It should have oomph yet be flexible and distinct – a deeper voice is preferred. It should be able to excite the emotions by being capable of clearly building to a climax. Your whisper alone should be strong and always audible.
- You must master the **art of rhythm** (chanting – see cults). Rhythm has a hypnotic quality. The more rhythmical the voice the more hypnotic. Think of it this way: when listening to a song, do you consider opposing thoughts to its message? Precisely. Do speech rhythms directly access and alter brain wave oscillations? The answer is most assuredly yes!

- **Gestures** too should be rhythmical, emphatic (forceful, vigorous, energetic) and commanding.
- The **voice must become more ‘oracular’**: what this means in practise is literally more like an oracle – *‘solemnly and provably prophetic, enigmatic/mysterious and obscure* (hypnotic language), *as if by special inspiration or authority, uttered or delivered as if divinely inspired or infallible; words used to expose a witch!’* In other words, what you say must be thought profound.
- **Sloganistic brevity** wins over length.
- **NEVER reason** – offer images and stir emotions. Both hypnotic. But...
- **Emotional appeals must be concealed as such...**social training does not approve of outright, thoughtless passion. Men talk and confess in social situations and will not often kindly listen to an unmitigated rant. A show of ‘reason’ must be layered over the emotional reaction sought.
- **Men like a fight**: to watch a verbal brawl is pleasurable! Give the crowd what it wants, if you can arouse ‘decisive indignation’ more the better. People like to see other people being bullied and abused: why do you think the sadistic and humiliating ‘Britain’s/America’s got talent’ are so successful?
- **Ecstasy and fear = contagion**. Seek them out.
- **Awaken the subconscious**: appeal to the unconscious motives of human behaviour and conduct, his lowest instincts (the ‘Id’), his bias and prejudice, complexes etc.

In this manner the spellbinder unleashes explosive and latent potentials of human energy which is converted into action. Mere words, puffs of vibrated air can do this. Words are engines of terrible, incredible, destructive, stimulating or creative power according to the holograms they engender and inflame in the minds of men. Religions, ideological slaves (politicians) etc.

use these methods of cultural hypnosis subtly, not so subtly but always consistently.

Will the real 'Shakespeare' stand up?

The following section is part of a 'game' that goes on throughout this book of challenging assumptions on the reader's part; it is included to be 1. Controversial and 2. To stir up thought. It's conclusions may well be wrong; in a way I'm just playing devil's advocate.

Why the hell is the Rogue Hypnotist wittering on about William Shakespeare? What's that got to do with cultural hypnosis? Well quite a lot as it turns out. We are taught at school, are we not, that the plays of Shakespeare were written by one William Shakespeare, bit part actor from Stratford on Avon, England about the time of James 1st and Elizabeth 1st? Unfortunately there is not one ounce of prima facie evidence to prove in any way, shape or form that this was indeed the case. In England, Shakespeare worship and veneration is a national pastime. Alas 'The Bard' is almost certainly a fraud.

The case against boozy Will.

- Shakespeare was an alcoholic; alcoholics are notoriously unproductive and dysfunctional.
- He knew very little Latin or Greek as attested by his friend and contemporary playwright Ben Jonson. The writer of the complete folios would have had an extensive knowledge of both.
- Billy Boy, that we know, had never left England. Yet the plays are filled with expert knowledge of the major cities and states of the then contemporary world.
- His house, which is preserved by the National trust to this day, has a pitiful library. There are only a few books there. How could a man with such a modern and extensive knowledge of myth, Christianity, the history of Rome, human psychology, courtly behaviour and on and on have written such incredibly profound works by imagination alone: he couldn't!

- He was a bit part actor – an extra. Here did he find time and money to write?

So then who did write the plays????! Well the best guess, and it's been an open secret for a great number of years (books on the subject go back at least as far as the 1800's), is that Sir Francis Bacon as likely as not wrote them. Why did he did want to preserve his anonymity? How do we know he wrote them?

- Ben Johnson pretty much said as much at the time.
- Bacon's non-fictional works are similar in writing style, ideas and symbolism as the works of 'Shakespeare' are.
- On the original folios (books) there was a picture bearing a remarkable likeness of Bacon holding his hat over the head of a character bearing an unusual likeness to William Shakespeare. The symbolism is: I wrote this, he is my front man!
- Bacon was a Renaissance man genius: a scientist, political operative, linguist, philosopher etc. Just the sort of person actually capable of writing the plays.

This is but the tip of the iceberg! So why are we not told these facts in school? Why are we hypnotically indoctrinated with the assumption that Billy Boy of Stratford wrote that which he almost 100% did and could not? If this assumption is wrong: what the hell else is?

Mushrooms are kept in the dark and fed sh*t. If you'll pardon my French. Napoleon said, '*What is history but an agreed upon fable.*' He was also more afraid of 3 newspapers that were against him than any army on earth. Hmmm? If you don't believe anything I wrote in this section, and let me tell you that's just dandy with me – go check it out for yourself. School and the media install a 'stupidity hologram' in us and then we 'fail'. Not really surprising is it?

If anyone has any prima facie (evident from the facts) proof that William Shakespeare did write those plays, please let me know.

The point is challenge assumptions: on what solid basis do you ‘know’ something? Hmmm? A ‘knowing feeling’ can be hypnotically induced, can it not?

Devilishly attractive manipulation: C.S. Lewis and the Screwtape letters.

The game continues. Is it possible through cultural hypnosis to effectively make men and women find a specific type of man or woman or anything else for that matter ‘attractive’? The answer is undoubtedly yes. All that is required is –

- Select designated - ‘Object of attraction’.
- Hypnotic state of one kind or another.
- Elicitation of sexual-romantic feelings which get linked to said ‘object of attraction. (Operant conditioning.)
- Repetition and commonplace (filling the human environment as much as possible) propaganda and symbol manipulation that support the above programming.

Roughly in fact this is what men and a few women who learn various forms of ‘hypnotic seduction’ courses do. But **C.S. Lewis** suggested that those who ran human societies could do the same via various media and had indeed done so as he outlined briefly in his book, ‘**The Screwtape Letters**’.

In the letters, a devil named Screwtape is giving advice to his nephew, also a devil, on how to capture a man’s soul. Screwtape says that *in any age you can make a man fall in love with a ‘type’*. A stereotype if you like of what ‘ought’ to be ‘attractive’. Screwtape confesses that the ‘lowerarchy’ of hell is tasked by Lucifer to create a misdirection of sexual taste in every age. What you might call, ‘artificial selection’ or ‘artificial sexual selection*’. This he says they do through the work of a small cabal of artists, actresses, advertisers (the media) and dress makers (fashion industry) who determine, through cultural suggestion, the ‘desirable type’.

(*Before Darwin and his disciples, in humans, this used to be called – falling in love!)

This can obviously be applied to both sexes. In reality we see no obvious devilry but we do see **models of imitation that are implicit** in the communication media process, and what you might call ‘the artificial formation of attraction’ and what we ‘should’ find attractive are no exception. To discover who or what we should find attractive look at couples in advertising.

Think of this another way – when we read or watch fiction we identify with the leading man or woman depending on our gender. Men experience the hero’s point of view and emotions in the hypnotic state. Women identify with the beautiful leading lady – what she feels, they feel! What she thinks, they think - if only for a moment. And the viewing lady is absorbed by the tale: she is in hypnosis. Repeated viewing strengthens such new associations and re-associations. Your point of view is changed.

If your mind boggles at this, take various models of how women ‘should look’ in the 20th century:

- The hermaphrodite-boyishness of the women of the 1920’s jazz era.
- The Marilyn Monroe/Jayne Mansfield buxom blonde. After the 1920’s women’s magazines in the UK advertised products which helped women become *more* buxom and full: the polar opposite of today. Such voluptuous women are more attractive to men, more fertile and able to produce a replenished populace – say after a war!
- The post Jane Fonda’s workout videos ‘anorexia-heroin addict chic’ (hipless/breastless) of the 80’s to early millennium type. Back to the 1920’s! Western population levels decline.

For men:

- The manly Clarke Gable and John Wayne tough guy type. (No coincidence these emerged during war time – think about it!)
- The post-World War 2 troubled teenager type – Brando, James Dean, Montgomery Clift, Elvis etc. (Emotional, troubled, stuck as teenagers forever – inability to form long term bonds = society falls apart in the 1960’s.)

- The 1980's 'successful yuppie' type. The psychopath as cultural aim.
- The post-millennial hermaphrodite boy. The wussy boy is king.

Conclusion? Many people who have been 'attracted' to another person have been unwittingly programmed to do so. This may be one of the reasons so many relationships end disastrously. It is RH's opinion that what we call 'attraction' is often a synthetic construct. What odd, perverse societies we live in. Society is...well, very unsociable!

If you still think this is far-fetched, I can completely assure you that as a hypnotist, creating a framework in which a woman could be *made* to find someone else attractive when she ordinarily would not is far, far easier than you imagine. It is a process that just requires quite simple symbol manipulation in a light trance. I outlined some such techniques this in my 4th book, 'Forbidden hypnotic secrets'.

Note: as we know from the neuroscience of hypnosis, instinctive templates can be overridden by hypnotic programming; why would the instinct to mate be any different?

Huxley on mass hypnosis in Nazi Germany and the modern West.

The following section expands and reviews some topics that arose in my fifth book 'Wizards of trance' but does so to further our enquiry into cultural hypnosis.

In order to study cultural hypnosis you must study Nazi Germany. Using **Aldous Huxley's 'Brave New World Revisited'** I will provide you with exact information as to how Hitler used his voice, knowledge of human nature, education and the media to brainwash a nation. Although I have divulged information on the Nazi methods of communication in other books, at least in part: in this book we will distill the essence of 'Hitnosis' (my term for Hitler's methods).

Germany's WW2 Minister of Armaments Albert Speer said that the Nazi dictatorship was the first totalitarian state to use all the **technological means of communication** to dominate a state. Radio, cinema, loud-speaker etc. were all utilised to propagate propaganda. The key change in Nazi

methodologies from all those before was that past dictatorships had required independent and highly trained subordinates to maintain themselves; due to modern communications this was not needed under Nazism – the lower leadership could itself now be brainwashed, mechanised and standardised. They would follow orders without any critical thought whatsoever. This method was also used by the Chinese communists who had perfected a monstrous method of mind-body conditioning that reduced underlings into human robots. Speer said that modern man had come to fear that Man could be totally dominated by means of modern scientific technique; and Huxley adds that the Nazis had almost pulled it off.

He continues that in the post-WW2 world, **technological advances in mass communication and the precise knowledge of how human brains and nervous systems actually operate has made mass mind control a reality.** In order to work out how Hitler was so successful at brainwashing approximately 80 million Germans and subjecting them to his will we must know what his theory of mind was. What he did worked. Therefore it must have had some truth in it, however horrifically applied.

Hitler's mind model.

‘To be a leader means to be able to move the masses,’ said Hitler. The most powerful demagogue in human history knew what he was talking about. But how?

- ‘Move the masses’ – this meant stir their emotions.
- Break them away from their traditional morality and loyalties.
- Through consensual mass hypnosis impose an authoritarian order on the masses.
- Create a secular hierarchical order based on the techniques of Catholicism and the Jesuits.
- Exploit a profound knowledge of human weakness in order to rule over the minds of men.

But how did Hitler view Mankind?

- Mankind was an animal unworthy of any respect.
- Humans were incapable of abstract thought.
- They were not interested in anything outside their banal range of personal experience.
- They were incapable of using knowledge or reason to make decisions and take actions.
- Mankind is driven and motivated by **feelings** that arise from unconscious drives.
- All beliefs can be implanted into minds if aligned with the deep drives.
- Devotion and hysteria drive them to action.
- If you wanted to get Mankind to do anything, you must understand the ‘unconscious’, as it dominated all his sleeping and waking experience.
- When people feel that their most essential human needs are not being met, they are in a ‘flux moment’ and can be appealed to. (Think of Germany’s economic collapse during the 1920’s.)
- People lose their personal identity in crowds – pack them in thousands into arenas etc. They become subhuman and mass like (see ‘Wizards of trance’ on Gustav Le Bon). Their very humanity is lost in a large, standardised crowd. (By the way TVs create virtual crowds, all receiving the same info at once. Oops!)
- Humans make contact with one another in a limited fashion – as families, professional or religious groups or crowds.
- Any group is only as intelligent as those who comprise it.
- A crowd is chaotic and purposeless. It may do anything other than think or make intelligent decisions.
- In crowds people lose the ability to reason (critical faculty shuts down) and hence their capacity for moral choice.

- In crowds suggestibility is heightened (there's your highly hypnotisable person!), so much so that personal judgement and will stop functioning (critical executive function is destabilised).
- Crowds are excitable (just think of sports or a music concert) – personal and collective responsibility vanishes, it is impossible. Rage, enthusiasm, panic are just beneath the surface and can be stirred effortlessly. Cults do just this: keeping people in mass groups with no food or water, no air ventilation and keeping the space/room hot.
- 'Crowd Man' behaves as though he has taken some powerful drug (look at the faces of people when their favourite sport of choice team is winning!) This drug- like effect Huxley dubs 'Herd poisoning' – this induces a frenetic animalistic zombie incapable of any higher human faculties! Just as in cults.
- **Note and warning: A cultural hypnotist must access Man's 'hidden forces'. These are the things that *really* motivate Mankind to act.**
- The orator can reach a man's 'hidden forces' better than a writer. A writer communicates to an individual who is 'sober' (unless you are reading this drunk!) ; whilst the crowd orator speaks to the herd-poisoned crowd-man. In fact crowds are primed with herd poison just by being in the crowd; this makes the cultural hypnotist's job much easier. Virtual crowds are just as poisonous as real ones. Even online mobs can take on a mob-mentality in the lonely privacy of their homes.
- Hitler took his **cues for suggestion formulation from the crowd** (pacing and leading): he observed where they were emotionally, just the right word would come to him, sometimes offered by a member of the crowd – he would then use this to move the crowd where he wanted it to go. He identified or guessed the crowds trigger/trance words. Therapists and cult leaders do the same – once a victim is primed/softened up, the latter will often know just the precise few words that will tip someone past the snapping point into ego death zombification. Sometimes just saying, 'Let go!' is enough.

- Hitler would boldly say **what the crowd were secretly thinking** in the open! He paced them and gave free reign to what they were too afraid to say. This is unconscious pacing – the most powerful variety, the source of jokes! He would appeal to their genuine suffering (rapprochment), he would give voice to **instincts that they secretly felt but suppressed** – such as the desire for murderous revenge on those who they perceived had wronged them.
- Before Madison Avenue even contemplated ‘Motivational Research’ or ‘Depth Research’ to plumb the recesses of a consumer’s unconscious as to why he or she really bought anything, Hitler had learned, through study and experience, to appeal to people’s **secret hopes and desires, fears and frustrations**: he understood his victims perfectly. In a way in fact that often only a true psychopath can. Huxley categorically states that Hitler sold Nazism to the Germans by tapping into the ‘most dangerous’ instinctive forces in man: this includes **triggering the survival instinct** by persuading the German people to come to believe that they had no other way out from ‘certain’ extermination. One of the rules of warfare identified by Sun Tzu in his Art of War (required reading by Soviet apparatchiks), was that you had to leave an enemy a way out otherwise he would fight ferociously to the death, unleashing hidden powers of destruction so as to avoid imminent doom. Hitler in essence sold the Germans Nazism in the same way, but by accessing ‘darker realms’, that advertisers sell bars of soap to consumers. The mass man in *extremis* is highly motivated and wide open! **The masses were created by the technological society.**
- The masses under extreme pressure close ranks around a powerful leader who offers survival and revival – it is an instinct built on faith. Recall the NS section on hypnosis and authority etc.?
- The only people who are repelled are those who can think critically in a crisis and preserve their own sense of individuality. Failings in logic, evidence and multiple inconsistencies do not go unnoticed among the un-hypnotised few who can retain their thinking abilities – this vanguard is repelled by what it witnesses but remains numerically few so as to be rendered totally ineffective. Oversimplifying complex

issues, the use of grand generalisations and oft repeated slogans work on the mass because they are hypnotised: this is the very language matrix of hypnosis proper!

- Effective slogans = simplified necessities expressed in stereotyped formulas that one endlessly repeats. Glazed eyes and the uniform repetition of slogans is a sign of cult programming.
- Repetition imprints ideas in memory, especially so when a person is hypnotised.
- Propaganda can be explicitly differentiated from rational thought as 1. Systematically teaching us to believe that which we should be sceptical about and 2. Not teaching us to question even the seemingly 'most obvious' assumptions.
- All irrational isms (Communism etc.) if they are to survive must be dogmatic as Bertrand Russell pointed out. They must create black and white thinking, they must offer neither proof nor justification: the would-be leader, in order to create the 'social cohesion' (Utopian ant colony) required, must simply say that such and such is so. This is the essence of Gnostic thought.
- All effective propaganda, Hitler said, must **demonise or idolise**.
- Differences of opinion however small cannot even be considered. This is the intense single focus of attention of hypnosis. If a cultist is told by a lucid person that his cult leader is fat, even though it is self-evidently true, the perfectly indoctrinated cultist hallucinates that the leader is slim!
- Opponents must be heckled furiously, shouted down - they must never be debated with; you must never engage them in argument because? This involves the activation of the rational faculty.
- To the masses, the bully, the 'active aggressor' is seen to be in the right. Paradoxically these self-same techniques were used by people

who claimed to be political opposites of Hitler in the 1960's. Self-proclaimed 'Leftist groups', such as that led by Saul Alinsky and the Baader Meinhof terrorist group. As Bertrand Russell pointed out in his books, Nazism and Communism differed structurally very little. In fact both were practically identical and Hitler said that Nazism was indeed a 'purified' form of Marxism. Effectively Stalin 'taught' Hitler how to be Hitler: he was Adolf's blueprint. There are pictures of Stalin carrying out the so-called 'Nazi salute' in Soviet agit prop art. There are records of early Nazi propaganda in US newspapers in which Goebbels assures the American public that Nazism differs little in intent from Bolshevism. The true origins of the Nazi salute lie in the Sun worshipping cult of the Egyptian Pharaoh Akhenaten. The active aggressor is none other than the mass-murdering, crowd-pleasing, strong-man tyrant who appears and reappears ad infinitum throughout human history. The difference is nowadays totalitarians hide in gangs and feign both respectability and moral high grounds being far better at evading accurate detection of their true base motives. Modern technocracy has given them tools that would make Hitler squeal with delight. Today's totalitarians may wear suits or jeans – most certainly the wear smiles. As the Bible says, 'Lucifer appears as an angel of light.' Cappiche?

Huxley writes about the individual.

Although Huxley admits that Hitler was right about the suggestibility, immorality and crass stupidity of the mass (hypnotised man) he states that the individual was quite a different matter. Hitler's 'truth' went as far as it went and no more: his views were a series of observations of the mob mentality. Huxley goes on to say that individuals and small groups of individuals were more than capable of morality and good judgement; that in fact **true individuals could maintain their critical faculties**. He points out the fact that all higher religion offer to save individual souls and that Jesus/Jeshua/Yesua spoke to small groups of 2 or 3 when teaching. If herd poisoning was not present there was hope.

Robo-Marching.

Huxley tells us why the Nazis loved to march. There was and is a calculated intent to marching: marching diverts thought and kills it – it ends individuality. It conditions people to generalise and behave beyond mere marching into a realm of ritualised-robotic acts in daily life! It entrains one to automaticity as a matter of principle. As we have seen from our studies in psychology – marching is a form of alert hypnotic induction. Cult dances serve much the same purpose. That armies worldwide have and still do, march up and down squares should make us pause... ‘We are the Borg: you will be assimilated!’ ‘You have no mind, stop using the little mind, use the group mind – the group mind is your mind!’ the second statement is the sort of crap that cults march through their thralls’ enslaved brains.

Adequate information saves democracy.

Huxley stated that democracy’s preservation requires that a large quantity of people (by implication not just an elite minority) can make realistic decisions on the basis of adequate information.

By contrast and note this: dictatorships of any kind are defined by the fact that access to information is prevented – outright censorship and deliberate distortion that appeals to passion (emotion), prejudice (programming) and ‘hidden forces’ (unconscious drives) and not to reason.

Huxley warned that Western democracies were Janus faced (two-faced) they presented a reasonable front alter but that the truth was that democracies used decidedly undemocratic methods when it so suited them. Western powers, as dictatorships, study human foibles and seek to exploit them for gain. Fears and desires of unconscious origin are used to sell politicians, certain agendas and policies using the exact same methods as Madison Avenue charlatans selling toothpaste. Although persuasion is needed to sell goods in a consumerist economic system, Huxley says categorically that it is not in the best interest of the public as people or voters. Can rationality co-exist with the irrational flow in the political arteries in a truly free society and yet still bear that vague nominalisation – ‘democracy’? I think we all know the answer.

Selling people values.

In a democracy you are not allowed to make overt appeals to violent human instincts. Anger and hatred, although both exhilarating and energising, are dangerous and unpredictable addictions to unleash. Hitler knew this well enough and used all his human communicative faculties to this end – his emotional voice, his violent gestures, his curt and violent verbal imagery – ‘Smash!’ etc. The audience is enjoyably hate-notised: so much so it comes back for more. Logical information processing systems are bypassed, the executive function ceases to function optimally and the listener, viewer is infected by the information disease and hysteria of the orator etc. and passes on the con-ta-gion in turn. A great many people around you harbour violent redemption/revenge fantasies and desires which they suppress – the ‘dictatorship’ willingly brings these drives to the surface.

Understanding the nature of symbols.

People in Western democracies are hoodwinked because they fail to understand the true nature of symbols. Beauty products for women do not sell chemical, oils etc. they sell hope. Women almost universally desire to be found attractive by the opposite sex. All one need do is find a common unconscious desire of fear and relate either to a product or service. **To get from unconscious drive to sales purchase etc. you simply create a ‘symbolic bridge’ using words, pictures or abstract symbols** which allow the victim to dream that the thing wished for or to be evaded can be realised. Fruit = vitality. Cars = prestige and chicks. Tooth paste and face creams prevent one from being found sexually repulsive. Alcoholic beverages buy us not a mild depressant but the illusion of friendship and warmth. ‘Cultural products’ allow us to look down on those with no taste and pretend to have joined the ‘bohemian set’ (snobbery-rebellion). The emotion-energy released by the elicitation of the drive = cash! Chains of irrational symbols bypass the critical faculty. Cults use them in brainwashing processes and you can use them to get rid of phobias too.

Symbols are therefore by definition hypnotic. They encode information and may disrupt waking information processing functions. Like those who are hate-notised, contagion does the rest – your friend has one, you want one - and on and on. Modern democratic societies manipulate with no less intent

than the dictatorships and the results are far longer lasting. Crudeness gives way to a super-subtle guile.

Cultural hypnosis in the Arts.

All forms of art down through history have been propaganda/programming – for gods, powerful men (god-men), or priesthoods (‘god’s agents’). Art is a form of advertising: cultural hypnosis for a set of beliefs that power elites want installed in the slave class. The more powerful, impressive, beautiful or nonsensical the symbolic bombardment of art or art-ritual, the more profoundly is the ideology-religion-cult of choice installed in the victim/recipient. As only the artistic or ‘aesthetic sense’, which is unconscious in origin, is appealed to, all other executive action functions are bypassed. Easily. Truth, evidence and ethics are simply brushed aside by spectacle. This is why Hitler’s rallies were so powerful – the symbols and rites involved were so expertly utilised and displayed that even opponents were bowled over. Artists are prostitutes for tyrants as a rule.

Commercial use of art and design is more mundane: genius is not sought, rather the mediocre. Billboards, commercials, drawings and photos are used to attract the eye sufficient only in power to create a neuro-associative link of ‘liking’ between product and art-symbols employed to flog it.

Singing commercials Huxley tells us are another example of fascinating symbols (remember fascination = hypnosis). Tunes imprint on the mind effortlessly – tribal songs to create unity (patriotism) are known as national anthems; it is possible ancient tribes created such songs to unify themselves. Most humans love good music. Such tunes can ‘haunt’ the subconscious for a lifetime! When words are associated to the tune they take on enormous conditioning power, for one has only to play the tune and the words are re-voked in the mind, plus any emotions – a music ordained post hypnotic revivification command! **No matter how stupid or insane, weird or nonsensical the beliefs espoused by the song’s lyrics, if we enjoy the song, we are more likely to believe in the words!!! We can take this one step further than Huxley: we are also prone to like/believe anything associated with the song – including the ‘performer’.** Geddit?

The modern forms of communication – the media, have made possible a blanket information grid via books, school, radio, TV, movies, internet etc. There has never been a time in history that we know of where ideas have broken local bounds of people, time and space and so become potentially universal. Quite literally we are all singing from the same hymn sheet!!!

Cultural hypnosis and children.

Huxley warned that children are now TV and radio fodder. I would add internet fodder. Children are highly susceptible to hypnotic propaganda, although born with the capacity for reason, unless it is encouraged and supported, children easily become prey to any catchy thought virus that inveigles its way into their defenceless skulls. Nowhere is this proved more evident than in the commercial jingle that they hum or sing without any conscious awareness that they have been programmed to do so; unfortunately you can often add their parents' unconscious into the bargain! A lot of the threads I opened up in earlier books are now (I hope) being closed and becoming crystal clear? If you haven't read 'em yet, what the hell are you waiting for buster!?

Children are talking records of what we tell them every day. Actually, really have a good think about that last sentence. Children are programmed by advertisers to harass cash-strapped parents into buying things the kids have been conditioned to want. Advertisers literally create armies of millions of young children to be brand- loyal customers for life. Is that the real definition of 'freedom'? Through such methods **trigger words alone can elicit behaviour change** in hordes of children in ways that would make a would-be despot salivate. The Nazis weren't even half as sophisticated and were beaten into a paltry second place in terms of brainwashing know-how by the Communists as we shall soon see.

The threat to democracy.

'Democracy must be something more than two wolves and a sheep voting on what to have for dinner.'

Shelby Foote.

Huxley states quite rightly that by his time of writing (late 1950's) Western democracies were perverse inversions of what they claimed to be (opposite world): although politicians pretended to be the people's servants - the exact opposite was and is the case. Politicians give orders to the public which are to be followed in a top down pyramid structure; **the people's vote when cast in such a vast, technologically organised fashion reduces the power of that vote to almost insignificant proportions.** The larger any political constituency is the less power the individual has to move it in any directions that would give them any real sense of potency – this is why Empires are so oppressive. Human societies in the West have become little more than human termite mounds.

How to save democracy?

Huxley restates his claim: given enough evidence and information all people are capable of making reasonable decisions. **Democracies only hope of long-term survival is to strengthen people's capacity for rationality.** They must seek to make accurate information widely available to the general public. But they do not. The major trans-national corporations are for the most part equally addicted to secrecy and withholding data on the reality of their business operations. In diplomacy, the 18th century diplomat Talleyrand called this, 'Diplomatic connivance' – lying!

Millennial Western politics is increasingly based on appeals to the irrational brain. We are sold the images of politicians not the reality, just as we are sold cans of dog food. The reality of a given candidates level of *actual* psychopathy only being revealed when the massive scandals that have built up can no longer be held back from public notice. Western political propaganda has 14 major selling tactics:

1. The scientific selection of planned appeals and repetition.
2. Radio spot announcements that repeat phrases/slogans with a planned intensity.
3. Billboards that drum in slogans of proven potency.
4. Candidates need only well-trained voices and good diction.

5. Candidates must appear to look ‘sincerely’ into a TV camera.
6. Depth interviews (focus groups) must be carried out to discover what the electorates’ specific unconscious fears and hopes are at election time. Calculated pat phrases and images are scientifically constructed to both quell and intensify fears as needed. Wishes are flattered with promises of satisfaction that never arrive. This is known as the ‘jam tomorrow’ approach taken from Lewis Carrols’ ‘Through the Looking Glass and What Alice Found There’. ‘I’m sure I’ll take you with pleasure!’ the (White) Queen said. ‘Two pence a week, and jam every other day.’ Alice couldn’t help laughing, as she said, ‘I don’t want you to hire me – and I don’t care for jam.’ ‘It’s very good jam,’ said the Queen. ‘Well, I don’t want any to-day, at any rate.’ ‘You couldn’t have it if you did want it,’ the Queen said. ***The rule is, jam to-morrow and jam yesterday – but never jam to-day.*** ‘It must come sometimes to ‘jam to-day’,’ Alice objected. ‘No, it can’t,’ said the Queen, ‘It’s jam every other day: to-day isn’t any other day, you know.’ ‘I don’t understand you,’ said Alice. ‘It’s dreadfully confusing!’ Quite!!! To conceive of a modern electorate, simply visualise a very stupid donkey running on a treadmill – just out of his reach, on a TV monitor, is the image of a carrot.
7. Trite slogans are tested on control groups to search for those that work.
8. Masses of money for mass distribution of indoctrination.
9. Specific policy plans of action must never be mentioned – no ‘transparency’ – telling the truth!
10. Image projection of candidates is THE no. 1 priority. There are 6 favoured traits that people will buy: 1. Father figure! 2. Strong man! 3. Glamour! 4. Entertainment value! I will add another – 5. Sex appeal; especially with regards to women voters – can they conceive of being fucked by the candidate? If yes, you are onto a winner. 6. If a woman, she must have traits similar to a pastiche cliché of a very ‘masculine’ and dominant S and M Lesbian that you might find in porn but not real life. She must display no overt liking for children. The psycho-sexual

element in politics is almost never mentioned but it is very definitely there. Archetypally she must be the 'dark mother' of myth.

11. Conditioned by a whole host of modern media to have short attention spans, politicians' speeches must be short and snappy. Issues of vast importance must be communicated in info batches no longer than 60 seconds, top 5 minutes ('sound-bites').
12. Politicians must be telegenic. They must look good on TV and be able to act; at least to two-bit soap opera actor level (to appeal to women). If they can make themselves cry at apt moments, more the better.
13. Complex issues must be reduced to simplified trite phrases that sell.
14. The golden rule: Never tell the whole truth!

By these methods and more the voting public is prevented from acting in a self-reliant fashion, hypnotised into making survival threatening decisions by promises that never materialise and the installation of hallucinogenic reality maps (holograms) that prevent accurate assessment of 1. Individual candidates and 2. Policies in response to problems that arise and their true nature. And that my padawans is what a modern 'democracy' really is. And that's the tip of the iceberg!

Huxley on brainwashing.

This section should be called 'Why the Communists were smarter than the Nazis'. Note: cult indoctrination procedures and Communist brainwashing are almost if not totally identical.

The purpose of brainwashing is to 'get at' the isolated individual. This Huxley refers to as 'shotgun methods'. Brainwashing techniques go back as far as Egypt and Sumer but never have they been so effective as now: thanks in part to the work of one Ivan Pavlov.

Pavlov brainwashes dogs.

Dog brainwashing, better known to us by the euphemism 'conditioned reflex' is a key study in cultural hypnotic techniques. By torturing dogs (prolonged physical and mental stress) you engender a nervous breakdown

in the dog. So far so good. By the way psychopaths start by torturing animals. The humans come later!

What do we mean by 'nervous breakdown' in this instance? Essentially, unable to cope with the torture/stress, the dog's **consciousness shuts down**; they lose consciousness so as to block out intolerable incoming data. Their conscious information processing goes offline creating a highly hypnoidal programmable state. Alternatively they may slow down or try to sabotage the efforts of the torturer too – this is labelled 'unrealistic', 'neurotic' or 'hysterical'. Nervous dogs break down quicker than naturally calm happy dogs: but in time - they all crack. Strong dogs need more intense work over a longer time period.

Shell shock and battle fatigue.

Modern technological barbarism aka modern war has proven how insightful Pavlov was. After just one near miss or after prolonged 'combat zone' (people trying to kill you) exposure, soldiers developed a whole host of normal psycho-physiological responses: these are euphemistically called 'symptoms'. When exposed to terror the following may happen:

- Temporary unconsciousness.
- Agitation of an extreme nature.
- Complete lethargy and lack of motivation.
- Hysterical blindness.
- Paralysis.
- Unrealistic responses to challenges.
- Bizarre behaviour change in usual lifelong patterns of responses.

30 days in a war zone is enough to break most men. The more sensitive crack up after 15 days. The toughest (or craziest!) can last between 45 and 50 days. **Note: only insane psychotics can be exposed to war indefinitely without collapse! In order to flourish in an insane environment it helps to be insane first! I repeat: cultists are diagnosed as being psychotic by**

psychiatrists though often 'functionally' so. They are viable enough to be a money making slave for the cult business but that's about it!

Torture is as old as the hills and engaged in for:

- The sheer sadistic fun of it.
- To loosen tongues.
- The punish 'heretics' (those who didn't do as the power elite of their day told them to).

Political 'thought treatment' in the Soviet Gulags etc.

If you disagreed with the idea of being turned into a robotic rape-work slave by your parasitic Soviet Bolshevik masters, the poor deluded Russian or Uzbek etc. was simply branded mad by Soviet psychiatrists and wheeled off for thought reform. The Soviets were not as dumb as the Nazis; they knew you didn't need to torture. Not that they were squeamish or avoided that but you merely had to induce enough stress over a prolonged period so as to create a nervous wreck or induce hysteria: once you had, he or she former freethinker was screwed - you had wittingly induced a hyper suggestible state! BINGO! They could now be turned from freethinker into convert! 'We are the Borg: We will assimilate you!' Once cerebral endurance levels are reached and the new programming is in there, it has been found that, other things being equal, it is *nigh on impossible to reverse it!* (This is not actually true *if* you know how to deprogramme...)

Ok so what exactly did the Red scum do to create this psychological tipping point into waking zombie-dom?

1. Isolate 'recruit' from friends, family, outside world. Just as cults do.
2. The intensity of the stress must be extremely strong.
3. Leaving a person in a state of uncertainty/confusion for a long time.
4. Unpredictable responses from a programmer.
5. Interrogation and questioning.

6. Nonsense – the acts in the insane environment must be senseless. The subject must feel they have entered Alice's Looking Glass and emerged on the mad side! 'I don't want to be amongst mad people!' 'Oh you can't help that here!'
7. Fear, rage and worry are induced – making the subject more suggestible. Relaxation is far less useful than heightened emotions in producing hypnoidal states.
8. Public humiliation.
9. Create a 'police state' environment – everyone informs on everyone else or else!
10. Confess shortcomings: note in the West violators of 'Political Correctness' are forced to publically apologise for violating group think; they are threatened with job loss etc. This is exactly the same as what occurred in all Communist countries. Without fail. People in mind control cults are threatened with death for violations of rules. By the way what we call 'Political Correctness' (Frankfurt School Marxism is kind of a misnomer. One way or another any dominant and domineering form of thought coercion that has been used by powerful groups down through history was the 'Political Correctness' of its day. The truth about PC is that it is Gramsci's philosophy of Cultural Marxism; more on this later).
11. Create acute physical discomfort.
12. Starve the bitch! When family members of cult kidnappings were allowed to see their children most noted how physically emaciated they had become. Cults tend not to be so obvious now and use more sophisticated methods to avoid legal entanglements. The fact is we don't really know all that cults do to their victims; their covert use of various electronic technologies (technetronic) and drugs should be considered.
13. Induce fatigue/sleep deprivation: Hitler held rallies at night because he knew people were tired and more suggestible. **Advertisers and their backers know that adverts/commercials work best in the EVENING**

for this very reason. They pay big bucks for the privilege! Aren't you glad you are free!? Some cults will not let their victims sleep more than 3 hours a night. This induces a fuzzy-fugue state and stops the person 'dreaming out' the accumulated anxiety. The brain may start dreaming during the day to cope: BINGO! The dissociated unreal dreamtime is entered! They also do not sleep long enough to enter deep slow wave sleep which causes deep physical rest, repair and recuperation to occur.

14. Wounds and sickness: People in cults are often deliberately made ill to weaken them. Hospital religious conversions are a well-known phenomenon. Huxley advises modern political tyrannies to equip hospital pillows with programming speakers and political commissars to roam wards brainwashing at will. These are called doctors – joke!
15. Elicit strong negative emotions (remember from your NS section?!)
John Wesley of Methodist fame would **paint word pictures** (hint as to what he was doing dummy!) in his hearer's minds of all the hellfire tortures that awaited non-converts post-death. This is the idea of spirituality as some kind of non-evidentially backed insurance scheme. When Wesley had guiltnotised his hearers enough they lost consciousness, went hysterical etc. - and it was at this point he offered them hope of salvation. Obviously as a good protestant he must have studied Catholicism. The ancient Egyptian priesthood used the exact same methods.
16. Convince that if he or she does not convert they'll be liquidated. Avoidance of liquidation tends to focus the mind and motivate it.
17. When the collapse comes – you programme.
18. The new 'reintegrated' personality (zombie) is formed.
19. The new patterns stay for life, deeply embedded into the brain through trauma-based mind control.

Note: The actual belief hologram matrix installed is totally immaterial – the more nonsensical the better. The nervous exhaustion is all that is needed: anybody who is forced past their conscious mind collapse

(gamma wave annihilation?) point can be made to believe anything, any-fucking-thing! Geddit!?

In Brave New World these crude brainwashing methods were totally done away with: in vitro genetic manipulation could fix intelligence, height etc. pre-birth creating a perfected caste system of slaves. Conditioning from infancy ensured no violent brainwashing was required: suitable and appropriate holograms could be installed through schooling and hypnopaedia (sleep time hypnotic programming).

By the way modern public/state schooling uses a far few of the brainwashing methods listed above, in softened forms, if you examine it in a cold fashion. Huxley wrote 'Brave New World revisited' to warn that the general trend of history was not revealing Orwell's 'Police State' '1984' to be correct but rather his own futurist prophecies. A prophecy in which man could be conditioned to 'love his servitude' – in short to tolerate, nay enjoy the intolerable! We shall examine this threat when we briefly study the 'Futurist' and 'Transhuman' movements; what I call 'future trance'. What did he say about mind altering drugs?

Chemical 'persuasion'?

Ok let's cut the crap: LSD and marijuana make you more suggestible. End of story. Prolonged use can permanently rupture your capacity to interact with general reality. Them pesky gamma waves go north I suppose?! NS has proven that dope and LCD activate the same processes as when we dream – we dream when we are awake in other words: psychosis! Charles Manson artfully manipulated his follower's trips so as to make them 'bad'; this in part helped him destroy their minds. He would pull horrible faces and tell them horrible stories etc. Manson is known to have had exposure to Scientology trainings during an early stint in prison.

Huxley warned that drugging a population into a tyrannical state in the future would be child's play: you needn't force your 'soma' of choice on the resisting public – *you just make such substances freely available.* Future technocratic tyrannies can use temptation to gain their ends. Thank God that hasn't happened...DOH!!!

Hey, isn't porn free? Hmmm?

'Persuading' the unwitting subconscious - subliminals.

Reported by Freud in his 'Interpretation of Dreams' a Dr. Poetzl carried out a series of experiments using a tachistoscope – coming in two forms, both allowing images to be exposed very rapidly to a viewer. Poetzl asked his subjects to draw what they consciously noticed as the images were shown quickly. He then asked them to draw what they dreamt about: he noted that **any material that was not consciously noticed by his subject's conscious mind was detected by their subconscious/unconscious.** How did he know? Their dream drawings showed unmistakable proof of imagery that was present in the test but that had bypassed the critical factor and entered the subconscious *subliminally*.

Later studies by a Dr. Fisher on 'preconscious perception' confirmed the findings: *the subconscious notices and takes in vast hordes of information that we simply cannot and do not consciously acknowledge. We see and hear more than we know we do – and this input affects the information processes of our unconscious and affects our waking thoughts and behaviour.*

Huxley notes that theoretical science doesn't stay so for long: if money can be made...40 years later 'subliminal perception' technology was revealed to the world. In many ways we live in the 'Age of Entertainment': not since Rome have the plebs been so addicted to the escapist diversion of the bread and circuses trance. On TV and in movie houses subliminal sales techniques were being used against millions of unsuspecting American 'lab rats'. After all why waste a good trance state? Rapid images too fast for conscious perception were flashed across the screen selling product x and y. At subconscious thresholds of hearing, voices suggested that audience members buy x and y. Although one study suggested that the experiment had produced a 50% sales increase in popcorn, it was not all so cut and dried. The methodology had been imprecise.

Strobonic injection.

Huxley implies that studies were carried out on the young and sick people, perhaps in British hospitals in the post-war period. The British had noted that in the American experiments the **context for persuasion** had not been as well-primed for subliminals to take effect. The young and sick are highly suggestible. This is probably why hypnotherapists have any success at all: the person visiting you is in mental distress and so de facto more suggestible. The British called subliminals ‘strobonic injection’. Sinister!

It was also discovered that subliminals tended to work only if someone was inclined/slanted to shift that way anyway: the subliminal could nudge them. What is a poor brainwasher to do?

Subliminal association.

All of the following are examples of highly sophisticated N.A.C (Neuro-Associative-Conditioning) covered in my third book, ‘Powerful hypnosis’.

Approach 1:

- Pick a product any product. By the way an *idea* is just as much a product as a thing.
- Find something that in any given culture people associate with ‘good’, the good, goodness. This might be womanly physical beauty, nature scenes, religious iconography etc.
- Link them: product and ‘good thing’ together, no matter how illogical the connection.
- Result: persuasion!

Approach 2:

- Pick a neutral topic/product/idea etc.
- At a subconscious level link a nominalised **feeling word** to it: angry, sad, happy etc.
- The two things are linked and the word changes the perception of the neutral thing. If I show you a blank face and subliminally suggest ‘angry’, women will find it more masculine. If ‘happy’ is strobonically

injected, one way or another, the blank face is **consciously perceived** as being happy!

- Link any person, product, symbol idea to a value-bearing word at a level below conscious awareness.

Approach 3:

- Take any dramatic event: a fight, film etc.
- Knowing **people like to experience strong emotions**, link strong emotion provoking words at the subliminal level to the ongoing drama. During a murder scene in a film strobonically inject words such as 'blood', 'hate' etc. This will intensify any feelings that exist. (What if you did this with news reports etc.???)
- The acting and dialogue in the film must be slanted so as to increase the effect and be congruent/in alignment with the subliminal.

**Thankfully we can all rest assured that none of this has ever been done...
RIIIIGHT!**

Huxley's future 'elections'.

- A candidate acceptable to the ruling oligarchy is selected. He is to appear on TV.
- Positively charged words and images (symbols) are strobonically injected into the audiences mind.
- Negatively charged symbols are linked to his opponents.

Huxley warned that by the 1980's at the latest, this would be the general practise in Western elections. It was a factor so important that he regretted not including it in his novel Brave New World.

...They wouldn't...would they?

Hypnopaedia: sleep hypnosis programming.

It just keeps getting juicier don't it!!!? Yes you can give people suggestions that will be acted upon (sometimes immediately) during light sleep, when

alpha waves etc. are present. If someone is in deep sleep you simply give a suggestion and it shifts them to light sleep, as does all soft noise. BINGO! In Huxley's Brave New World, lower caste children were kept in place through nightly hypnopaedic programming. The leading castes were trained to lead with it. **Studies have shown that children are much more prone to sleep programming and that if chronically continued the suggestions become the child's mind.** We can only imagine what happens to children in cults!

Suggestions in sleep must not activate the intellect. Intellectual learning is incompatible with sleep or hypnosis as the cortex is taking a rest. That's what sleep is. Additionally this is why my clients often feel like they had a good night's sleep after a hypnosis session: effectively their cortex *was* asleep! For sleep suggestions to work they must make no attempt at reason. Huxley warned that the temptation to use such methods would prove too much for many in power.

Suggestibility is not uniform throughout populations. Studies have shown that the following factors increase suggestibility. In no particular order:

1. **Being obedient generally.**
2. **Thinking institutions and 'authority figures' within them have your best interests at heart.**
3. **An emotional and expressive nature.**
4. **Friendly.**
5. **Anxious about themselves.**
6. **People who are overly optimistic.**
7. **'Religious' people.**
8. **Experience psychosomatic problems.**
9. **Subconsciously preoccupied with sex.** (Damn that's all of us!)

Those who were not suggestible showed several traits.

1. **Suspicion.**
2. **Cynicism.**
3. **Confidence.**
4. **A more reserved attitude to other people, at least initially.**

Buddhism maintains that most people are in a somnambulistic trance state throughout life and that the purpose of living is to be fully awake. The word Buddha means 'The Awake'. Unfortunately Buddhism demands meditation which when practised chronically can cause a feeling of dissociation! It is however true that most people are never truly awake in the Rogue Hypnotists experience: this is why I am never worried about hypnotising clients, knowing all the ones I've seen were half way there already.

As an end note on subliminals I can say this: I have no evidence whatsoever that anyone is being subliminally persuaded of anything via TV, radio etc. Not in the traditional sense of flashing words, images etc. But a culture can itself have subliminal effects in the widest sense of that word. I also know that **subliminals work best when all sensory modalities are targeted – vision, hearing, taste, smell, touch etc.**

Individuals with symbolic decoding skills can alone save freedom.

Despite the insanity and total lack of evidence to support the statistical 'man' of myth put forth by such crazies as Skinner, Watson (on the behaviourist fringe) and Freud et al on the psycho-dynamic side, the fact is that man, of all the animals shows no termite, ant or bee like tendencies; of all creatures none show such psycho-physiological diversity. In a word: uniqueness. The 'socialist' (socialism proper of all kinds being the pseudo-scientific standardisation of humans by experts) model of humanity has not and never will have a single jot of proof to sustain its delusions. Men are not robots merely shaped by 'social forces'. Whoever wrote Shakespeare's plays did not do so because he lived in whatever time and place he did but because of the unique *who* that he was. If this were not the case the Tudor period in England would have seen a whole host of great playwrights as good as 'Shakespeare'. It did not.

One of the great myths of the socialist analysis of man is that he is naturally gregarious. Huxley points out that - **mankind is only mildly gregarious by nature**; more akin to wolf or elephant. For some men excessive social exposure is loathed. Collectivist myths also presuppose that the individual is of less importance than any larger grouping: hence leaving open the possibility of detrimental standardisation (one size fits all) in a wide range of affairs and contempt for individual conscience.

Huxley warns us that the only way to save freedom (what little we have left) and to stop all mind manipulation is to have awareness that such cultural hypnosis is taking place. He stresses that children must be taught how to decode words. I have outlined a full plan of how to do this in, 'Mastering hypnotic language' and 'Wizards of trance' (in all of my books actually). Individuals must be able to **spot symbolic manipulation**, to know, to comprehend when what is being said has a basis in observable reality and experience and when it is hogwash! The hallucinogen hologram from the realistic approximation hologram. The fact from the factoid.

In 1937 the Institute for Propaganda Analysis was founded in New England. Its founder a Mr. Filene wanted tools of analysis to counteract the effect of Nazi communication methods. However as the institute sought to inform the public about such matters, it fell foul of the powers that be and was closed by 1941. 'Vested interests' of 'educators', church men, Ad men, military functionaries and more did not want the general public thinking or knowing about such topics as obedience to authority and other associated conditioning techniques, seeing such 'drastic moves' as a direct threat to their power, money and agendas. Even 'democracies' believe you must have a capacity to undetectably manipulate the herd.

Hypnotic language.

Language literally structures our experience – how we perceive, communicate our experience to others and understand theirs. It also, and this is important, focuses our attention on one thing and not another. If we focus on words without sensory referents as if they were real things we are technically hallucinating.

How do we stop a technological dictatorship from establishing full power?

Ok, so who exactly benefits from all this cultural hypnosis? Not me or you. Who then? Huxley states correctly in his prophetic 1958 book where he revisits his prophetic novel Brave New World, that global power is being more deeply centralised and organised in the hands of a few oligarchs than at any time in world history. The oligarchs 'own' (control) by fair means or foul much of the resources of planet earth and therefore much of its physical wealth. This is the trend - **current trends predict future events:** fact. Oligarchies seek power and when they have it, they seek its continuance. In the UK 58% of all top establishment jobs are held by the 7% who attended fee paying private schools (in opposite world these are called 'public schools'); they pay lip service to throw away notions of 'equality' and even have 'equality laws': for show obviously. In post-millennial equal opportunity Britain almost the entire cabinet of Conservative Party leader David Cameron are old Etonians (Britain's most elite public school). Clearly some animals are more equal than others.

Oligarchies do not willing give away power – they lust after it, they jealously guard it: scientific persuasion technologies have given them the means to do so. The schooling system has given them the means to do so. All people require to love their servitude is enough bread and enough games. TV and junk food have seen to that. US Studies in the 1950's confirmed that the rising baby boomers didn't care much for freedom and wouldn't mind people rights being taken away too much either. People can, do and will relinquish freedom for the certainty of bread and circuses. Freedom fighting is such a...what's the word? Effort.

Huxley ends his book by stating that it would be impossible to legislate for habeas mentum unlike habeas corpus (the right to be brought to trial in reasonable time) because **a man can still be let out of a physical prison and still not be demonstrably free if his mind is imprisoned!** Depressingly, as the overt cults have shown, people are and can be made to act, feel and 'think' (repeat) as a powerful nation or powerful group within a nation wants him too. Such psychological compulsion can be so potent that the brainwashed victim is not even aware that it has taken place, so damaged are his usual information processing systems. Alas Huxley was right: people can come to love their slavery and even fight to maintain it. The life

of a perpetual child is most appealing to adulterated ‘adults’ (literally ‘the ripe’: for the picking???!). An infant is literally someone who doesn’t know how to speak, who can’t speak and by implication think.

There is much in Huxley’s book that I don’t agree with: its eugenics, its neo-Malthusian enthusiasm for mass depopulation (notice ‘depopulationists’ always want others to be depopulated - why not start with yourself if you’re such a zealot!?) etc. For the would-be student of cultural hypnosis it is well worth a read. It is hard to study cultural hypnosis because that I am aware this is the first book about it!!!

Jet setting trends.

We should really talk about ‘**The Power Elite**’ (also known, euphemistically, as the ‘superclass’) as identified by sociologist **C. Wright Mills** in the 1956 book of the same name. These were also known more cutely as ‘The Jet Set’. Wright suggested that these rich and powerful people – aristocrats, bankers, heads of corporations, top actors and actresses/fashion models, high ranking Government employees etc. had vastly interconnected interests and basically ran the course of all major countries on planet earth: he must have been onto something because after he wrote it he could not get further funding for his research!

When studying real cultural hypnosis the following fact is important: knowing that one of the best suggestions is to be rich and powerful and knowing that the ‘lower downs’ will seek to copy you. In affect a non-verbal symbolic suggestion to model or copy your ‘betters’. Perhaps the idea is that by some kind of sympathetic magic you will become like such people by aping them? I soon found out that I was not far wrong. A good read on the matter is ‘**The International Nomads**’ by **PR man Lanfranco Rasponi**. Published some time in the mid-1960’s this book outlines ALL the great cultural trends that ordinary people followed in the post-war world. And I mean pretty much all. What were they? What did the Jet Set do that made the baby boomers (1946-1964) so eager to ape as it were?

1. **Multiple divorces.**
2. **The breakup of the family as the norm.**

3. **Multiple marriages.**
4. **Regularly having affairs.**
5. **Owning a holiday home/villa.**
6. **Owning a yacht or boat.**
7. **Plastic surgery.**
8. **An obsession with fashion and hair styling.**
9. **Sexual promiscuity or ‘swinging’ (in the sexual sense).**
10. **Using planes to visit obscure places that were ‘untouched’ by the hoi polloi (the many – me and you!).**
11. **Remaining unmarried till later in life.**
12. **Seeing astrologers/psychics etc.**
13. **An obsession with ‘name dropping’.**
14. **An obsession with ‘status’ purchases.**
15. **A total disregard of traditional Christian morality.**
16. **A ‘global mindset’ as opposed to one based on traditional national loyalties. A non-nationally bound identity and investment (time and money) pattern.**
17. **An obsession with odd ‘eastern practices’ – yoga, meditation etc.**
18. **Hypocrisy as a cultural norm.**
19. **A worship of ‘Avant-garde’ arts. (Anti-Western primitivism.) ‘Art’ can be defined as those things that the elite call art and chose to fund.**
20. **Antique collecting.**
21. **Setting up undemocratic Foundations/charities/NGOs (Non-Governmental Organisations) to manipulate national states**

internal affairs and policy directives. They fund the arts and sciences.

I'll stop there as you'll hopefully have gotten the point by now. Cultural hypnosis starts at the top (generally) and works downward via 'aspirational diffusion'. **This is hypnosis by example.** Revealingly, predictably and interestingly the Jet Set culture was 'exclusivist' – that is they didn't just want anyone in their circle; they excluded the many. The exact opposite of the modern homogenisation of Western life, which their corporations and political lackeys undemocratically foist on the rest of us.

Cultural diffusion as a weapon of war.

Cultural diffusion is of interest in cultural hypnosis - simply being the spread of a set of cultural practises beyond the original culture that gave birth to it: an example being Greek art and culture, which in the ancient world spread as far and as invasively as India. Nowadays there is no culture so powerful or so diffused as what we call 'Western' (actually post-Western) technological globalised 'culture' which is standardising the globe piece by piece so that diversity proper becomes slowly, gradually non-existent. Post-Western culture is Borg-like (you know those creatures in Star Trek) in that it destroys yet assimilates where in can. Its identity lies in its very lack of a central cohesive identity. Unless unmitigated expansion and change for change's sake is an identity. The hypnotic presupposition of Post-Western cultural hypnosis is *permanent revolution*. A term both comfortably Marxist and Corporatist all at once.

This is the current cultural matrix into which and without choice we all now live and will do so for the foreseeable future. It makes people miserable, unable to achieve their genuine human needs (see my other books on this, especially 'Powerful hypnosis' and 'Forbidden hypnotic secrets'), physically and mentally ill, psychologically adrift and programmable.

In closing, people are quite clearly hypnotised by the 'Elite'.

Social tribes and fashion fetishes.

The descendants of the Jet Set own and often personally run all the magazines, newspapers, radio and TV stations that tell you 'what is in and

out'. What you should wear 'this season' and what you shouldn't. Who is cool and why? Which celebrity you should focus your attention on at any particular time. What accessories your house needs (if you own one these days!)? What should your hair look like? What beauty products are best? What kind of man should you date? How do you give the best blow job (in the UK they have had this in magazines for 12 year old girls). I could go on. Remember the hypnotic principle – you get more of what you focus on. If you're being focused here, well you can't focus over there. Hell, you can't focus for yourself at all. And that's cultural hypnosis.

'Goths', tattoos and other fashion faux pas.

I have always thought the 'Goth' look was weird. I mean think about it – you dress in black. You white up your face. You look miserable. In fact you look like a corpse. A cadaver. And that's normal is it?

What about all these tattoos and piercings everyone is getting? Well they weren't till lots of shows on cable TV started showing how 'cool' it was because people on TV were doing it, so you know, why not? I've never met them. I don't know them but heck it's on TV so it must be what I should do: shouldn't I? Some little brainwashing victims are even getting 3D tattoos which permanently disfigure the body. They hack chunks of skin out to do it. They have a tattoo of a throat being cut slashed across their own neck. And that's quite normal is it?

Maybe I'm just not a cool, trendy young hep-cat who can get with the vibe. Do you ever ask yourself: who created this subculture? From where did it arise? Why now? Maybe you should stop assuming so much and then you won't be so easy to culturally hypnotise. Maybe you shouldn't slot people into categories like 'Jock', 'Nerd', 'Emo', 'Skater boy' etc. and start seeing people not as a member of a media created pseudo tribe but as an individual. It's interesting that there are whole sets of commodities that you can buy as accessories that prove you 'belong' to this artificial tribe. Maybe someone wants your money? If you are pretending to be this mass produced label – where is the real you in all that? And people wonder (or do they?) why their self-esteem is so low. Well you need a self to esteem first. Capiche? Just a thought. Thinking can be good you know.

Girls just wanna have fu-hun!

Historically women (non-elites) made their own clothes; they used their own creativity and drew their inspiration from their indigenous tribal customs. This gave them a sense of identity, purpose, meaning and place. The fashion industry literally explicitly instructs women what they should wear and how they should look; it tells women implicitly that you are judged by your looks alone - that 'attractiveness' means physical attractiveness only. This utilitarianism in place of emotional connection demeans women, robs them of self-esteem and holds up a 'cultural model' of what 'attractiveness' is. The further you are from this mirage the worse you should feel about your sorry inadequate self. A woman who is evaluated for her physical sexual identity (if such a thing exists) alone is called a prostitute. Women's physical prime is reached in the mid-teens and lasts until they're 25 usually, there are exceptions. So where does your self-worth come from when it all starts heading south?

At time of writing a recent study in the UK has shown that girls as young as 12 feel a pressure to be pretty all the time and it is making them miserable: why wouldn't it if all you are being 'judged' for is your looks? When you demean motherhood all you become is a worker bee and a piece of ass. Is that 'liberation'? I mean really. Maybe it's time women put down the f**king magazines and start to think for themselves. Ask not – 'What am I being culturally hypnotised to do?' But 'What do ***I***, the real me, really want to do?' You can live from your hologram or someone else's': the choice is yours. By the way the above was not intended to encourage women to sew!

Catholicism hypnotises Western Europeans.

We have already examined some generic religious hypnosis methods. What about specific cultural hypnosis practise as utilised in the major religion of the Europeans? You must fit your methods to the people you wish to bend. Catholicism utilises 3 predominant traits to induce hypnosis:

1. **Deliberation.**
2. **Spaciousness.**

3. **Calm.** Rather than using hysteria trances, the Church Universal seeks to engender relaxed hypnotic states.

One of the attractions of its followers is that Catholicism is old: 2000 years old, not a bad pedigree. Remember people like to be linked to winners, those with 'staying power'. Its other attractive feature is that unlike other religions it is positively against hysteria and emotionalism. Catholicism hates anything that smacks of - crowd violence. Hence it maintains a relatively rational frame. The heresy of the Montanists (2nd century AD) was an emotional, contagious information disease. Speed of its infection across distance may have made the Church wary of crowds and crowd power potential. Funnily enough in style Montanism, which was an oriental (Phrygian) cult, had many traits in common with present day evangelical and charismatic trends, placing an emphasis on 'prophecy' and 'apocalyptic' lines of thought. Let's examine how the Catholic crowd is kept so hypnotically calm:

- Men in women's dresses (that's why it's called 'defrocking'). Costumes.
- Movements are slow, intentional and deliberate. The unconscious metronome is slowed...down.
- The priests etc. speak in a drawn...out...fashion – like a hypnotist. Sometimes they'll put on a 'priestly' voice - this is his trance voice. The cue to enter religious trance.
- The crowd does not commune with one another but each individually with the priest. They are together and alone at once – dissociated. The one on one relationship is like that of the hypnotist and subject – this heightens rapport potential.
- In a way the single member of the flock (sheeple imagery) communes with him or herself in church – self-hypnosis.
- In fact subtle fractionation between self and crowd is modulated to enhance crowd affect in a controlled manner.

- Everything the priest does is done with the authority of God. This invests everything he does with massive hypnotic potential. Especially because the priest believes in this authority too! Remember the Catholic Church is strictly hierarchical and authoritarian; at least it was.
- Sameness of slow song, movement and calm religious bliss are the only overt crowd hypnosis functions occurring.
- The state sought is final – immovable; unlike the Shia rite it does not aim for climactic expression. It already is.
- The singing is beautiful – it induces a mild happy calm.
- Catholic churches' architectonics (design) is constructed so that the inner resonance chamber produced by the singing creates a hypnotic state in the listener – this was and is intentional.
- Everyone is 'equalised' – no one person takes centre stage (apart from the priest). The focus on priest who dishes out the action cues is hypnotic and separates crowd from near neighbour. Heightened emotional infection cannot occur.
- The serenity engenders a feeling of duration – this taps into the human need for conservatism and preservation. For things to last. This is the exact opposite of what post-modernity offers man.
- Suddenness and shock are not utilised. Everything is known and expected. The guard is down.
- The flock seeks the priest's approval of their piety.
- If required and if under threat the Church is capable of producing crowd contagions that affect billions; it rarely uses them.
- Interestingly, the confession was a great way for any organisation to collect an NSA level of highly private information on its flock without this seeming invasive. The priest etc. could and did build up a highly accurate hologram of what his entire parish's population were up to!

The effect of this on the churches' power cannot be underestimated. Psychoanalysis is remarkably similar to confession.

Vatican 2 and the casting of a new hypnotic spell for a 'New Age'.

Between October 11th 1962 and December 8th 1965 the once all-mighty Catholic Church committed suicide. It can be said with total conviction that the once mighty Western Church died during that process. Known as 'Vatican 2' or the 2nd Vatican Council, a faction of the senior churchmen present unleashed a well and pre-calculated plan to gradually 'modernise' the church. To adapt it to an increasingly secularised and Marxist Eastern and Western world; essentially the church began to self-destruct and become de facto 'Marxist' in that it sought not to save souls for the next life but to make this world a perfected human habitat. Although a large amount of the faithful protested at the changes, which had been creeping in anyway, they were pushed ahead so that Catholicism: its beliefs, practises and claims to be the 'one true path' to God were as good as dead and buried. The pope was no longer supreme pontiff but a first among equals. What were the consequences?

A complete shattering of a system of thought that had hypnotised much of Western Europe in one particular way for about 2000 years; this led to a situation where materialist ideologies came to the fore and seized the vacuum that had been left wide open. For the 'floating' Catholics, whose faith had been all but destroyed in name, they became effectively secularised politically correct Marxists. Others practised the old faith in hiding – known as the 'Underground Church'. Yet others still became so adrift as to be prime candidates for the flowering 'New Age' cults that were growing up at the time. In fact young Catholics were the biggest social group in the United States to fall foul of cult entrapment and brainwashing. I just thought you should know.

The real death of Catholicism came when Pope Francis recently confessed that Darwinism and the Big Bang theories were facts. The Roman Church is a rotting dinosaur carcass.

Now let's look at some more examples of cultural hypnosis in the major religions.

Methods of religious indoctrination.

This is all very straight forward...

If we are to believe religious texts, all religious figures have implicitly said: 'I am the role model for living this life.' And immediately the unique individual we are becomes crushed. All religious leaders rely on prestige: by way of life (asceticism) or by being God's drinking buddy. Peculiarities of dress (usually men dressing like women) is essential. Fear, excitement, enthusiasm and histrionics are often but not always required tools. You must inject power and eloquence into words that are unprovable and meaningless. A good handshake and smile should be cultivated. Leap on and off of things if you can – this looks dramatic. Pretend that if it came to a straight fight you could 'lick' the devil. Make sure you're surrounded by lots of people obviously. If you can get them singing more the better: this allows you to use the hypnotic principles of crowd suggestibility, known as 'the contagion of numbers' and song and rhythm. In fact create trained cohorts called 'choirs' who can sing and charm on cue. Build buildings where masses of people can congregate to help facilitate this. You need rituals to bring people together – they create focus, unthinking habit and waking trance. Writing, sculpture, all and any art must be employed for propaganda purposes. You need to advertise after all! Get people praying a lot, this creates autosuggestion. Pilgrimages are great – you create crowds and take people out of their normal environments which make them tired, culture shocked and suggestible. Create 'holy relics' – foreskins anything will do and link religious feelings to them (N.A.C see book 3, 'Powerful hypnosis'); the power of these gimmicks is inestimable and provides the faithful with a tangible connection to god or prophet x, y and z. It also brings in heaps of cash – never forget religion is a business after all. This is why druidic priests venerated mistletoe: it's a parasite!

Never underestimate the very powerful physical qualities of an individual in either artistic representations of said prophet or in a given sales rep (priest) of the said religion. Striking eyes, white teeth, giddy enthusiasm, melodious

voice etc. must never be underestimated in their hypnotic appeal. You need confident affirmation of conviction. Make clear and vivid pictures in men's minds and keep all your sale pitch SIMPLE! Keep out any glaringly obvious contradictions or at least play 'em down. Repeat often! Act as if what you say is real! Religion appeals to those in distress – stir powerful emotions connected to needs you claim you can satisfy. Create a fear of death. Create a 'hell' for disobedience after death – again vivid pictures akin to a horror movie do the trick. People don't want truth they want mythic-truth – legends convince man that his spirit has needs that only religion x, y, z can satisfy; let alone his earthly needs. **Man desperately wants to be immortal:** convince him thus and victory is assured. This is the essence of subjective, religious truth. Do the 'dogmas' *in reality*, now genuinely supply greater happiness etc.? If so, my boy, you are onto a very prosperous winner!

And the difference between a religion and a cult is?...Um...well...surely... now hang on a minute...don't they?...And isn't that...you got me!!!!

Cynical?

Okay the good bits of a religion uplift the soul; a cult crushes it.

Religions and 'faith healing'.

There is great power in mumbo-jumbo! Suggestion not rite, chant or 'drug' does all the work. How did the ancient Assyrian 'hypnotist' heal a case of rheumatism (inflammation and pain in joints, muscles, or fibrous tissue)?

- Put subject in a circle of leavened bread.
- Put one foot on a reed bearing dough.
- Remove excess food. (These three steps are used to evoke expectation and prime the unconscious etc.)
- Carry subject six times around the bread circle chanting: *'Ea hath loosed, free the evil; Ea hath created, still the wrath; undo the knots of evil, for Ea is with thee! O physician of the world! O Ninnisin! Though*

art the gracious mother of the underworld, the mistress of E-dubbo etc. '

- The embeds (embedded commands) in the above are: **still the wrath, loosed, free.**

Christians too had and have their suggestions for healing. In Elizabethan England a toothache sufferer would give himself these autosuggestions, I have underlined/made bold the healing command below:

'Christ passed by his brother's door,

Saw his brother lying upon the floor,

What aileth thee, brother?

(Hypnosis evokes the **imagination** through this scene, rendered more powerful by the great healer Jesus being in it – unconscious healing potentials mustered! It's a **metaphor/story**.)

Pain in the teeth? (**Pacing statement** – the problem is acknowledged.)

Thy teeth shall pain thee no more, (**Direct command** given! In the hypnotic state, negatives work – see NS section which finally proves this.)

In the name of the Father, Son and the Holy Ghost. (Hypnotist evokes authority of the trinity to heal.)

As far as we know the oldest known school of Greek medicine was that of Aesculapius; this system worked primarily through mind-body healing induced by suggestion. Religion and medicine were blended: gym and temple were found at health spas. Theatrical entertainments were offered to large crowds amongst beautiful settings and clean, fresh air: these took people's minds off their problems, changed their environment, and made them feel better in themselves: feeling more optimistic they got better - it's not rocket science. Purification rites, fasting etc. which were **prolonged and tiring** excited the patients' imagination and made them more suggestible. **The Eleusinian mysteries of ancient Greece carried out practises almost identical to psychoanalysis.**

Let's examine the miracles at Lourdes. The fact is, like it or not, a great many ARE healed at Lourdes. Records are kept by trained and qualified doctors of cures of even physical disease such as spinal tuberculosis in as little as 3 days! Either God is healing these people etc. or there are healing potentials in man that are so great that if they could be accessed modern medicine might go the way of the Dodo! It has been said that there is '*... nothing so credulous as misery.*'

The Royal Touch of the Kings and Queens of England gives another striking example of the power of cultural hypnosis. How did it work?

- Assemble a mob of ill people; preferably several thousand strong. **Illness and numbers make people suggestible.**
- The day was fixed far in advance by the King's Privy Council; the date was sent to local Parishes so that the **power of expectation** could be utilised.
- The sick wished to heal with all their heart and soul – **motivation.**
- The crowd, ritual, symbolism, spectacle **heightened the emotions** of a crowd wanting to see a 'miracle'.
- **Authority figures** attended the king: the Royal surgeon introduced the sick to his Royal personage – whose **personal power** over the crowd would have been immense. Church divines: bishops etc. were in attendance. A passage from Mark 16 was read aloud, '*They shall lay their hands on the sick and they shall recover,*' – this is a vague hypnotic command: who are 'they'? How exactly is someone 'sick'? How specifically will they 're-cover' and 'recover' what?! Through Biblical associations, the King is claiming to be able to invoke Christ's healing powers implicitly.
- The use of hypnotic pauses: after the preparation phase, a sick peasant was brought up to the king after a calculated pause to create **response potential.**
- The king touched the 'sick' body part etc. The fact that a poor peasant was being touched gently (stroked) by a king of all people would have

had an amazingly potent affect emotionally. It would have **boosted the self-worth** of the person and made them feel special at receiving such a rare honour: the king had touched them! Also the healing power of touch alone is well known. The process was soothing and may have reduced the anxiety levels allowing healing processes to occur.

- The king then gave the peasant a medal with a white ribbon and a gold coin! Imagine getting a gold coin!!! You could sell it and feed your family for a year! That would make anyone **feel better**. The **symbolic function** of being given something by the king was a pseudo-continuation of his touch, the **colours** white and gold also representing purity, light, healing etc. Just seeing the amulet would **revivify** the whole experience in the sick person's mind – N.A.C. Nothing new under the sun.
- The Mark 16 line was read **repeatedly** throughout. Further prayers and benedictions etc. were said over and over. The words would have bypassed critical awareness with all the **sensory overload** caused by such a strange and spectacular rite. Some people did actually get better. The ritual only started to die out after the English Revolution.
- Throughout the whole process you had better believe that the sick were in a powerful **waking trance** state.

Will the real Jesus stand up!?

One of the most fascinating men in human history was Jesus Christ, whatever his real name was; he qualifies as the single most influential person in human history. But how much of what he said really came down to posterity? We know the Catholic Church exterminated the infant church that had coalesced around his original followers and family. Let's take a brief look at what we call 'Christianity'.

One of the great acts of self-hypnosis performed is that of the 'devout' person. Never will you encounter such hypocrisy and self-denial. Most religious people simply invent a personal religion that fits in with their personal flaws and then use the religion to justify them. The greed and lasciviousness of nominal 'Christians', the idea that Christianity is some

sort of self-help group whereby the genie God makes you successful as a result of your piety; their self-righteousness and smug sense of superiority are the least of their delusions. I mean really, if God exists is he a self-help device?!

The image of 'Jesus' in the Bible is clearly an invention of the Council of Nicea. The idea that the four gospels were written by different people is laughable if only due to the word for word repetitions in each gospel! The only thing that can be said about Yesua, if we take the New Testament at face value, is that he was an extraordinary healer, a powerful and busy exorcist. Other researchers have claimed that he revealed some of the ancient 'mystery religion secrets' (according to some of the followers of John the Baptist and whatever those 'secrets' were??!), that he wore his hair long and was a member of the Nazirite and not the Gnostic Essene sect whose 'teaching' he opposed.

The act that most obviously got him crucified was his attacking the bankers in the temple. It was this highly secular act against the international hedge funds of the day that was the last straw for which he had to die. Rome, like our own civilisation, was dominated by bankers. It is all very well preaching peace and love but attacking the banking system will get you nailed up fast! This obvious fact seems to fly over most if not all 'Christians' heads as they walk around in their self-important 'elect trance'.

Whoever, whatever Jesus was - he terrified the authorities of his day. He was a powerful threat to their system. One source claims that a group of around 1000 Roman troops may have been brought in to assist in his arrest.

I know of only two people that I have encountered in my life who could truly claim to be Christian. Most Christians now believe in some weird New Agey, quasi-Marxist, self-improvement course. Most have ditched the devil (who seems rather fundamental to the whole shebang!) and including the current Archbishop of the Church of England doubt the existence of the Creator! The way Christians can update their religion endlessly is evidence of a semi-permanent state of floating cultural hypnosis par excellence.

If Yesua came back now, he would no doubt be just some poor working class carpenter. In our society only the rich and successful are deemed

worthy of listening to. You can picture the second coming as being a very lonely affair.

In writing the above I did not intend to offend real Christians but come on folks, you gotta call a spade a spade or we're all fu...nnily enough that leads me to my next topic...

Cult indoctrination and 'snapping'!

Although 'Powerful hypnosis' and 'Forbidden hypnotic secrets' discussed cults and their procedures somewhat, I shall now cover their actual mechanics in more depth. Please note at some level a lot of people who are kidnapped by cults want to be brainwashed; not all but an alarming amount want an irresponsible escape into the twilight world of snapping so as not to have to face up to the challenge of living in a diseased and decaying society. This is often dubbed as 'millennial madness'.

Once a cult has legally kidnapped a member of the public, usually by on the spot hypnosis, badgering, question bombardment (which causes trance), hypnosis infection (cult members have wide-staring stoned looking eyes, these en-trance and trigger group hypnosis in the unsuspecting: if others are hypnotised the hypnosis becomes infectious in the same way that we catch moods off of others, especially in the weak-minded), promises of delusional happiness etc. **Their real aim is to take you off to a programming centre and infect you with various information disrupting processes until a 'snapping' moment occurs.**

At the moment of snapping, the conscious mind/executive function controlling the natural personality expression and rational decision making processes is physically ruptured in the brain; multiple neural networks are literally torn apart. Studies have shown that prolonged, intense emotional experiences of any kind can produce this affect. In the moment of rupture the brain seeks to heal and reconfigure itself: if this happens in a normal environment like a loving family etc. the person can recover fully but if this occurs in a deeply disturbing cult environment, the moment of snapping induces a highly programmable/hyper-suggestive state called 'floating'. This is the most dangerous point for the abductee – their entire belief system and personality can be entirely altered by a skilled cult programmer.

Snapping moments can occur in cults or in ‘normal’ wider society. In cults, the person (if not rescued swiftly) can become a permanent mind-control slave who hallucinates an entirely fictitious pseudo-reality once his or her internal reality hologram had been destabilised. The symptoms of snapping are exactly identical to what we call ‘PTSD’ (Post traumatic stress disorder). These robot-zombies are taught to labour for nothing, eat poor – unnourishing food and kept as torture, rape, soldier slaves at the cult leaderships’ authoritarian leisure. What we call a ‘nervous breakdown’ is almost identical to the cult snapping moment: a point of stress- induced no return - the breaking point. Severe anxiety and depression often follow. Snapping moments are more common than you might think and can be caused by various forms of abnormal ‘information stress’ such as...

- Covert and overt hypnosis.
- Prolonged and chronic meditation. This causes people to enter a meditative state as the normal (default) state of consciousness. Certain breathing patterns if carried out over long time periods can create an LSD-like affect in the brain inducing psychosis. Many therapists and psychiatrists advocate such Transcendental Meditation (TM) practises. Those who have escaped cults report that **meditation makes you easier to brainwash**. As an interesting trivial side note, the so-called ‘Amityville Horror’ paranormal events described by the Lutz family were later, in part, allegedly attributed by one of the sons as a direct result of TM rituals practised by his father and forced upon the entire family.

- Carrying out bizarre acts.
- Being humiliated.
- Being groped.
- Verbal abuse.
- Prolonged self-examination/self-criticism.
- Lucid dreaming.
- Prolonged and intense pleasure states.
- Prolonged and intense pain.
- Prolonged and intense stress.
- Prolonged sensory deprivation.
- Prolonged exposure to confusing data and gibberish.
- Prolonged sleep deprivation.
- Prolonged and inadequate food intake.
- Intense abreaactions of past traumata that has been needlessly revived.
- Electro-convulsive 'therapy'.
- Prolonged singing, chanting, dancing: any intense and mindless physical activity in fact.
- Prolonged repetition of mantras: these can be song lyrics, mystical trigger words, bizarre texts etc. Repetition is a mainstay of advertising and is a form of information stress, tending to tilt the brain toward mindlessness.
- Prolonged and aimless hypnotic states – waking or eyes closed.
- Focusing on bizarre symbols while being conditioned to associate intense pleasure states to them in hypnotic states.

- Prolonged use of mind altering drugs – LCD, marijuana etc.
- Prolonged interactions with computers, especially when encoding computer language. This is known as ‘techno-stress’.
- Multiple rapes.
- Prolonged physical abuse.
- Inappropriate, uninhibited, stressful or bizarre group rituals, interactions and changes in normal human relations between intimates and strangers (similar to ‘method’-like actors trainings).
- Invasive personal scrutiny and objectivising evaluation and tests etc.
- Observing the torture of children, friends, family, others and feeling powerless to stop it.
- Being told to not ask why or question ‘authority’ – this eventually shuts the conscious brain off. They are told, ‘Thinking is evil – we will think for you!’; just as in Maoist China.
- A sudden change in the environment.
- Prolonged exposure to weird beliefs.
- Prolonged speaking in tongues.
- Physical bondage.
- Being shouted at.
- Having your behaviour controlled/lack of autonomy.
- Being aggressively sworn at.
- Exposure to fascinating information or imagery (visual information).
- Being told when you can and can’t speak.
- Having to fake good moods to please others.
- Immersion in a solely ‘new ideas’ environment.

- Brain altering technological mechanisms – binaural beats, mind-altering headsets etc., TVs, radio.
- Embedded commands, post hypnotic commands and triggers.
- The principles of Greek rhetoric.
- Sales pressure techniques.
- Chronic social change.
- Rapid social change.
- All pervasive cultural change which is perceived as impossible to halt or stop.
- A change in usual word meaning and application. Cults change the usual meaning of words and teach people that nonsense is sense.
- Doublethink – believing two contradictory beliefs.
- Intense shock.
- Being around others who have already snapped.
- Receiving an overload of prolonged exposure to novel/odd data.
- Being bombarded by multiple stimuli that cannot be processed consciously.
- A lack of privacy and prolonged observation.
- A lack of variety of stimuli.
- One source of distorted information.
- Prolonged visualisation exercises.
- Breathing techniques.
- Self-hypnosis.
- Being taken away from your family.

- Being isolated from wider society.
- Lacking social connections.
- Therapy training courses for therapists.
- War zones.
- Losing a job. Often due to technological change or jobs moving from West to East as transnational giants seek cheap labour in overt dictatorships.
- Unexpected change.
- Changes in communication styles.
- A change in routine.
- A loss of social status.
- Prolonged prayer.
- A traditional role that is devalued or undermined.
- Drumming or musically induced trance.

Note: interestingly cults encourage both celibacy and masturbation. This is to turn the person inwards towards the self, to prevent loyalties between couples challenging cult loyalty and to further an implicit 'hermaphroditism ideology' - which is far beyond this book's confines.

The list goes on and on – all these factors exist in the wider culture; alone not enough to cause a snapping moment but in a moment where an essential universal need (usually belonging and purpose) is lacking or the overall stress level becomes intolerable even people outside of cults in normal life can snap. People 'going postal', running away from wife and family are just the tip of the iceberg.

Modern Western civilisation, more than any in human history, predisposes people to snapping in ways few in any way comprehend. Westerners are more vulnerable to this than any other group on the planet. The modern workplace, therapy sessions, new age practises can create toxic

environments of ‘information stress’ which can eventually lead to the destabilisation of conscious mind processes. The PTSD like symptoms are also known as ‘information disease’ as identified in a good but deeply flawed book with an overt anti-Christian, ‘Patriot movement’ (American Conservatives) bias called **‘Snapping’** by communication theorists **Conway and Siegelman**. Bizarrely the authors claim that Jim Jones of ‘Jones Town’ Guyana mass suicide infamy had ‘good intentions’ but bad methods of achieving them!!!? Still worth a read. You will have to extract the good info from the opinionated dross.

In essence ***cults create fact free or low fact environments***. The brain needs facts, i.e. accurate input; they are its data fuel as much as glucose is the physical fuel, so as to generate functional responses (survival enhancing output/behaviour). If this no fact environment is prolonged the brain enters a ‘dreamtime state’ unable to distinguish reality from dreaming: the two states merge. Cults that promise ‘expanded consciousness’, in total agreement with my opposite world model, in fact create the exact opposite state – no consciousness at all! In this dreamtime state cultists have no volition (executive function) and simply await their master’s prompts. The dreamtime was the state created by the Aranda tribe aborigines of Australia via a trauma trance ritual which I outlined in ‘Powerful hypnosis’. If the young men who underwent it survived, they were left in permanent dissociative waking trance states. Like Hindu fakirs this allowed them to stand on one leg for hours at a time and tolerate intolerable pain. When the brain is not grounded in reality via concrete language, concrete-verifiable data or a sane environment it trances out – that is its default setting. ***You need to use your conscious mind in order to keep your conscious mind***.

Many work training courses in the private and Government (public sectors) have been covertly hiring cult inductees to teach various unknowing member of the public their bizarre beliefs and practices in both the US, UK and no doubt beyond. ‘Management courses’, ‘diversity training’, ‘Stress management courses’, ‘Sensitivity training’ are just a few among many. Several US Governments and its military have spent millions if not billions on such information disease inducing, ‘occult’ courses: this is well documented and known. The US especially has experienced a swamping

epidemic of sudden personality change as it rapidly experienced massive economic downgrading and the collapse of its Christian belief superstructure, amongst more besides, since the post-war period.

Pain and pleasure.

Trauma and pleasure trauma created by 'peak experiences' can release massive amounts of Enkephalins: in fact hypnosis does (don't worry you're safe). Chemical compounds in the body that attach to opioid receptors. Endorphins, also pleasure chemicals, are linked to dissociative disorders exactly similar to a sense of depersonalisation – the feeling of numbness and unreality experienced by cultists and some meditators. Maybe it's not good to release internal drugs in prolonged abnormal ways: information processing pathways can be harmed if such chemical outpourings run on for too long.

Now enkephalins and endorphins are fine: you need 'em but cults seek to unbalance natural functions of mind and use them against us. How are they so scientifically knowledgeable about brain chemistry etc.? And how to manipulate it to create almost permanent waking hypnosis from which some never awake? How do they spring into being from nowhere knowing how in such a precise way? How did they originally get funding to do this without having any members????! Who did the research where, when?

Makes ya think...

Symptoms of information disease.

When people are mind raped by cults they may well eventually escape the horrific environments which rob them of personal volition and autonomy but...

- Depression.
- Dissociation.
- Anxiety.
- Flashbacks.

- Inability to concentrate or function.
- Inability to think for self.
- Delusions.
- Hallucinations*.
- Nightmares*. (*As the brain tries to over-dream and discharge anxiety.)

are the least of the legacy. Some fractionate between lucidity and the waking-dream state over a 3 to 6 month period. We know the zombie state of cultists is very similar to waking hypnosis because former members of cults report a lack of peripheral vision/everything seeming dark – these are signs of waking trance.

4 stressors from breaking point?

From a source that shall remain nameless I have it on good authority that most people are only 4 crises away from snapping or breaking point. These 4 stressors must occur all in one go, preferably the same day. **Most importantly the stressors do not need to be real; they only have to be imagined to be real!** Depressed people may imagine many such fictitious ‘catastrophes’ in a given day.

People under stress/attack pass through 3 phases: **alarm, resistance, exhaustion** – cults recycle this process over and over till the person is totally exhausted and then they SNAP!

The submodalities of ego death and snapping back.

The subconscious/unconscious will often communicate to consciousness that snapping has occurred via spontaneous symbolic imagery and intense feelings followed by numbness. A man who is brainwashed by a cult may see (visualise) himself dying and feel intense terror. A woman who is deprogrammed successfully may see a vision of herself jumping a vast chasm to safety. As people awaken from cult-trance, deprogrammers say that it is as if ‘the lights come back on’ and the real personality re-inhabits the body. As in reported cases of ‘demonic possession’ the real personality

during and after snapping feels as if it is pushed to the back of the mind and squished down and crushed as the alter/cult persona seizes control of the body. The Catholic Church exorcists say that cult indoctrination exactly mirrors processes utilised to create/facilitate 'demonic possession.' That they are in fact, identical.

Sadly there is evidence that little children raised in the psychotic environments of cults are permanently harmed: imagine being locked in a totally dark shed/room and fed LSD at age four. Their conscious executive functions may be irreparably damaged. Yet Governments, police etc. do nothing. Why?

The character and ideology of the cult leader and his gimps.

In a word: psychopathic. All control freak authoritarians who are well-versed in mind control technologies. Charles Manson used Ericksonian hypnosis, authoritarian hypnosis, torture, sexual humiliation/deviant acts, LCD intentionally designed bad trips, warped reinterpretations of Beatle's songs, biblical prophecy and more to create a cadre of loyal sex slave murderers ('The Manson Family') who would butcher Sharon Tate and her unborn baby. Tate herself was allegedly linked to witchcraft and Satanist Anton Le Vey. Her husband, convicted underage rapist Roman Polanski was linked to the so-called 'Dating Game killer' Rodney Alcala – Polanski was an instructor of his on the New York University film studies course! Funny old world!

Jim Jones, although a professed Christian, merely used a Christian front to promote an avowedly Marxist state within a state experiment. In fact all cults are mini-totalitarian states exhibiting aims and methods almost if not identical to aspects of Nazism but predominantly those of Bolshevik Communism in all its guises with a dash of any old apocalyptic 'religion' thrown in for good measure.

All cult leaders use truth and suggestion – pacing and leading. Truths are attached to delusional suggestions which gradually undermine a person's grip on normal reality orientations. Cult leaders will often be genuinely expert on politics, business, music (often they are good musicians – this helps them appeal to women etc.), the Bible, religions in general. This gives

them the ‘guru effect’ whereby people see them as sources of wisdom (expertise) and shut down their own reasoning capacities to have the insane ideas of the ‘great master’ installed into their brains in long and often incomprehensible indoctrination sessions. The length of the brainwashing breaks down resistance. Waco nut ‘David Koresh’ would talk for hours and hours to his hapless victims.

Cults that hit what is known as a ‘paranoid death spiral’ always end the same way – prophecies of apocalypse due to ‘sin’ etc. then an Armageddon style battle. The insanity that leads to this? An insane lust after all the women in the cult the leader wants (and often the men and children!) even if they’re married to other cultists is standard fare. Up next is murder and confrontation with the authorities which ends in mass suicide and total collapse; almost as if the aim was to get rid of all evidence and witnesses. The more sophisticated cults are not that stupid: they seek not death and destruction: at least not yet, but rather money, power and influence to gain a ‘respectability’ which ensnares all the better. Cults will often take over and run cult escape programs and are allowed to do so by authorities. They will attack any and all detractors through the courts – which often side with the cults.

Again the ‘authorities’ usually say nothing, do nothing. Members of elite families often belong to them as was the case with the Japanese cult: Aum Shinrikyo of Sarin gas attack infamy. In America, naïve white, liberal middle class kids are the main target. They seem to be far too easy prey. Doctors, police officers, teachers, military men and women and even politicians and bureaucrats may also be involved with cults up to the highest levels: Democratic President Jimmy Carter’s wife wrote letters of support to Jim Jones Guyana expedition to found a Utopian Marxist society in the jungle (like Kurtz in Apocalypse now). Walter Mondale the erstwhile Democratic presidential hopeful was also known to have Jim Jones’ sympathies. Patty Hearst, a member of an elite American family, ended up forever associated with cults and mind-control. The terrorist Weather Men and Baader Mienhof groups were all constituted from well-off, well-educated stratas of post-war America Germany respectively. What the f*ck was and is going on?

Is the culture creation industry/media complex implicitly trying to teach us that such alterations in our usual information processing systems and social environments are normal: when *the exact opposite is the case?* In fact cults have legal protection which those seeking to rescue loved ones from them do not. Journalists are not and have not ordinarily been interested in cult abductions or activities. And indeed such perverse alterations we are sold/told are desirable, in various 'New Age' therapies and 'mind-expanding', 'consciousness raising' bullshit: when *the exact opposite is the case*. Why would this be so unless a profound change in the functioning of the general public's conscious and unconscious information processing normalities was being sought? Do the media masters, educators and power elites want a Western society that cannot think straight? If at all? It would seem the answer is yes. We haven't even mentioned dangerous SSRI (Serotonin Reuptake Inhibitors – which can shut down a woman's capacity to love!) and other prescription drugs like Prozac. The question is why are these things promoted or at least tolerated? That is beyond this book's scope.

Again: Those seeking to escape cults should be VERY careful - at least one prominent group claiming to help former cultists is run by a major cult!!!

So is there hope? Can we escape the cultists whatever they name themselves and in whatever guise they cloak themselves in and reclaim our conscious mind's normal healthy functioning? Yes! And my hero Black Lightning will show you how. Before we do that...

The danger of the 'new'.

Thucydides wrote the following about the Spartans and their attitudes to strangers.

*'For along with strange people, **strange doctrines** must come in and **novel doctrines being novel decisions**, from which there must arise **feelings and resolutions which destroy the harmony of the existing social order**. Therefore, he thought it more necessary to keep bad manners and customs from invading the city than it was to keep out **infectious diseases**.'*

(Highlighted portions etc. are my emphasis.)

When Sparta failed in this enforcement to prevent ‘information disease’, it collapsed. Cults are infiltration movements that by diffusion and the ink-blot affect send out death spirals into a culture through watered down ‘self-help technologies’, ‘ways to achieve potential’ etc. These replace and erode the old native traditions and meanings: this is when usual national, ethnic, gender norms undergo profound alterations and more besides so that mass societal ‘snapping’ may occur.

CULTS DAMAGE NORMAL ACC FUNCTION: more on this later.

Although wider society is not a cult, it behaves in many cult-like ways. They are more commonplace, less intense and acute, less irrational; we have much more personal freedom despite recent post-millennial changes to our physical and psychological environments. BUT to a lesser extent many institutions out here in Post-Western society do indeed act in cult-like ways: this is why I call the present social system – ‘Cult-lite’. The predominant cult ideals of the Western World are no longer those of Western Christendom but those of Cultural Marxism.

There is always hope.

So this section doesn’t come across as too depressing I would like to add that it is the Rogue Hypnotist’s belief that if correct deprogramming occurs ANYONE can escape a cult. The brain is not fixed in late childhood; it retains profound neuroplasticity throughout life and has amazing recuperative powers.

Black Lightning strikes twice!

Ted Patrick was seemingly an unlikely cult victim deprogrammer but then what should one be like? Mr. Patrick proves a maxim of life I have always found to be true, that **a determined and motivated, self-taught, highly intelligent amateur enthusiast with a cause is always more effective than a ‘professional.’**

Firstly Ted was from a very poor black family in Chattanooga in the US state of Tennessee. His dad was a professional criminal in order to feed his

family. Ted had a speech impediment that prevented him from communicating with others. Nothing helped alleviate it. Ted would witness the professional charlatans pretending to be God's representatives on earth who would help poor black folk out if only they paid for their various 'psychic' cold reading services. In fact he worked for some as a boy and this showed him first-hand how good people with good intentions are so easily conned.

Ted then admitted he had brainwashed himself through intense Bible study that his speech habit was due to some kind of sin. When he wanted a girlfriend he decided that he should stop blaming God and fix his own problems. Instincts are very powerful.

He worked various odd jobs and then realised that in post-war America a good way for a black man to get on was to get involved in politics in some way. He became an activist taking direct action to get blacks hired in jobs they had been excluded from solely on the basis of skin colour. He was totally self-taught and very successful at it. When he moved to California and helped stop a riot getting out of hand he came to the attention of Governor Ronald Reagan. Reagan made him a community liaison advisor.

The event that made Ted go after the cults was when they tried to brainwash his son on a day trip to the beach. Ted saw his son was already hypnotised and snapped him out of it. He decided to infiltrate the cult and just avoided being brainwashed in the process!

Then he vowed to rescue all the young American middle class white kids who had been turned into zombie-robot slaves for the cults. He used direct action again to great success and usually deprogrammed a former cultist in about 1 hour to 4 days. On seeing a short but stocky black man with horn rimmed glasses and a pot belly that looked like he was an accountant, most middle class liberal whites were stunned. How could *HE* be the infamous 'Black Lightning' as he'd been dubbed? So what did Ted Patrick do to rescue so many zombified kids? It's hard to know exactly but his book '**Let our children go!**' gives away some of his secrets:

WARNING: NONE OF WHAT FOLLOWS IS TECHNICALLY 100% LEGAL UNLESS THE JUDGE AGREES THAT WHAT YOU DID

WAS ‘REASONABLE’. I AM NOT ADVOCATING YOU DO IT – JUST TELLING YOU WHAT WORKS IN REALITY.

- ‘Violently’ (use of calculated aggression) kidnap the victim with family members if possible. This creates a powerful message that loved ones care and the shock starts to destabilise the programming. Beat up cultists who try to stop you.
- Establish yourself as a tough but benevolent authority. Cultists are used to authoritarianism. Pace this but then assure them *you only want to help them think for themselves; that’s your goal, not to impose your beliefs on them.*
- Isolate them in a room.
- No phone contact until full deprogramming had occurred. Cults can set up triggers that send someone back into zombie-land at will. They will often contact escapees by phone and re-zombify them instantly.
- If the cultist is dressed in weird clothes etc. get them off them fast and if they have weird cult hair – cut it off. *All cult associations must be broken.* Smash the cult identity by destroying physical signs of it: this sets off powerful destructive symbolism chains that the ideas of the cult can be destroyed too. Remember overt acts lead to belief change.
- Use humour, threats of violence and swearing. Never beat up a cultist undergoing programming but do restrain them aggressively if necessary.
- Start getting the person thinking. Get them arguing. Get them on the defensive – trying to justify their beliefs. *NOTE: If you argue etc. you are thinking!* The normal function of the conscious ACC is being reactivated. The frontal cortex will start to work.
- Break down cult beliefs in real time. Prove they are wrong. Accuse the person of betraying their family. Tell them how mind control is real, it works and that it’s been done to them. Pummel them dramatically with fact after fact after fact. Get their general reality orientation back online fast.

- Get the person back with their real family rapidly and get them doing normal things. This is the period of ‘floating’; if the cults can get a person back during this period they’ll go back under mind control fast. The person must be kept in a place or places unknown and inaccessible to the cult: a safe house etc. The fear, guilt and confusion installed by the trauma programming can take weeks if not months to subside fully. A skilled hypnotherapist could help – but ensure you know THEY aren’t in a cult!

That is basically it. When cultists wake up, the cult persona dies and the real person pops back almost in an instant. I would use reverse ‘flirty fishing’ and lure cultists out by using highly attractive men and women to lure them to a deprogramming safe house – cultists are sex starved and that’s one damned powerful instinct! Patrick noted something of interest too: women are treated like shit in cults, turned into menial house slaves almost always; again this reveals an anti-Western attitude to women. In the ancient barbarian West women were always idolised as life creators.

Alarmingly the cults had full legal protection and Ted had almost none: he ended up in jail several times for saving people’s children. Politicians and the media establishment vilified him, ignored him and did various hit pieces on him – including many of the major TV stations and newspapers. Nixon had at least one cult leader at the White House who funded his campaigns; ‘his’ brainwashed victims helping out too as free slave labour. Oh did I mention it was the head of the Moonies?

Interestingly local police officers and their chiefs across the United States largely did their utmost to help Patrick in his efforts. However eventually the powers that be saw Patrick as a threat and LOCKED HIM UP!!! To this day Ted Patrick has been whitewashed from history. No TV documentaries about him on Youtube. No statues built to a *real* hero. Why do you think that is? It’s not rocket science folks.

War hypnosis or how to sell a war!

NOTE: it would be a mistake by the reader to believe, after reading certain sections in this book, that the Rogue Hypnotist is anti-military, he

is most certainly not: our armed forces are essential to our respective national security.

The Rogue Hypnotist agrees with Marhsall MacLuhan's definition of 'war' – **war is a rapid process of social change.** Wars don't need bombs. The most successful take place almost secretly, in the minds of men.

Ladies and gentlemen! Roll up, roll up, roll up! Pick a war madam - any war! How do you get two groups of stupid young men to kill each other for no good reason? I'll tell you madam: you need to 'boost their morale'! Now how do we go about doing such? In other words...

What makes man an obedi-ant?

Well wouldn't you like to know! It's actually very simple. How do you get a mass of men to act as if they have one mind and then be led by the utterances of one man? In war, as in the rest of the conflict of life, going back to ancient primitive times, nothing is left to blind chance; nothing.

Primitive methods of boosting war morale were/are:

- Drums.
- War cries.
- War horns.
- Dance.
- Stories of past bravery etc.
- Morale inspiring speeches and slogans. (Notice so far, all linked to the auditory sense.)

Other factors.

Inter-generational warfare training and traditions. (This builds habit and confidence in leaders and men.)

'Defeat' occurs as a lack of self-belief generally engendered by a sense of futility or terror etc. Modern artillery is effective in fraying men's nerves as

much as mangling his body. And modern nations have far worse weapons than just artillery.

Note: Business and bureaucracy have borrowed heavily from the general's arts.

The 3 types of 'morale making'.

There are 3 types of morale making efforts:

1. **'Rational' indoctrination/ideology.** Ideas, language, logic, reason. Impregnate the mind with ideas of a sense of duty and devotion to something 'more' than self. Invent a 'common cause' around which fighting men may rally around. Examples: 1. **'Patriotism'** myths variously used will move mountains and even overcome weak leadership. This provides the motive, will and endurance to fight. 2. Or you can invent a **'Religion'**. Men are even more drawn to 'religious' ideas than to myths of race and country. Religious fanatics will have to be utterly crushed, as they cannot generally surrender, believing some deity is backing them. Secular religions include - 'Fascism!' 'Communism!' 'Socialism' etc. 3. A **'person or thing'** can be motive enough for men to kick the sh*t out of each other. Use nominalisations liberally, 'Liberty!' 'Democracy!' 'Fascism!' 'Communism!' 'The Fatherland!' 'France!' 'Germany!' 'England!' and that most uncivilised of things – 'Civilisation!' Men will and have fought for 'Alexander!' 'Napoleon!' 'Der Fuhrer!' etc. In other words, men will fight for the supposed personification of the 'Imperium' in any age. 4. **'Self-defence'**; it is rational to stick up for yourself - this instinctive mechanism can be exploited marvellously.
2. **Hypnoidal.** 6 variants: the first two appeal to the ears, the third to the eye, the fourth to the sixth to the 'mass man' – 1. **Musical:** drums, trumpets. 2. **Slogans:** 'Remember the Alamo!' (Hypnotic command!) 3. **Symbols:** flags, banners, badges, uniforms etc. 4. **Crowd membership:** as I pointed out in 'Wizards of trance', a man in a crowd adopts a group mind and becomes highly suggestible. The mass mind suppresses his native personality, judgement and will. The purpose of any armed group of men is – uniformity. This is why they wear

uniforms (one-form). If the group hypnosis is carried out correctly it creates the so-called 'esprit de corps'. 5. **Unconscious emotional conditionings:** fear ('cowardice'), shame, guilt etc. A man would rather die all in all than experience these emotions or worse be labelled by others with them! 6. **Leadership:** this reality of human hierarchy obviously triggers what we discovered in the neuroscience section, that deep unconscious 'mechanism' that makes men do what they are told; an instinctive, unreasoned and indefinable 'sheep instinct'. After all we are ewe-man beings. Leadership is explored more below.

3. **Mechanical.** Psycho-physical **habit formation:** the **surrender of physical control** to another. Drills, salutes, growing accustomed to danger. These must be carried out with an almost strict religious observance. If men will carry out such absurdities they will do all a war leader tells them barring a great shock. Basically **the unconscious is trained to obey without question.**

Needless to say all 3 are based around hypnotic phenomenon.

What leadership qualities exert a hypnoidal effect on men?

What makes a 'good' leader even if leaders are born and not made?

- **Borrowed prestige:** a leader is a servant of a hierarchy – a king, system, God etc. This is what he leans upon to draw men to his service. He is a representative, a conduit of this power structure. Being abstract it hypnotises men into believing it is real.
- **Poker face:** you must be impersonal, impassive; the weaknesses of other men just don't seem to ruffle you. Think of Vladimir Putin.
- **'Papal' infallibility:** never back down from a decision made: your word is final, do not apologise. This is especially so in a 'crisis' which is merely a disguised opportunity if you play your cards right.
- **Seem 'humane':** be firm but fair. A lack of *magnanimity* can re-inflate belligerence.

- **Utilise a mythical past:** the ‘past’ is one great sea of fog. You need plausible myths about ‘it’ to shore up your position – this gives you borrowed prestige (symbolic associations) from which you draw.
- **Watch your body language:** every move you make is studied by subordinates for signs of strength and weakness; move with surety, strength, purpose, gravitas and dynamic purpose.
- **Lead by example:** act as you wish your men to. In the organised chaos of war men look to their leaders; you must exude bravery and calm in battle – then men will lay down their lives for you willingly; in a way, *you symbolise the cause*. The way you behave ‘infects’ your troops one way or another. They are children in danger. Geddit?

The psychology of defence and attack.

In the past, when advanced psychological persuasion techniques and modern propaganda was unknown, men fought because their ‘social superiors’ told them to; it can be hard to muster men’s fighting instincts if they don’t understand what the goal or objectives are in taking such actions. Attack is a hard sell. BUT if you can con people they are under attack and need to defend? Boy, you got it made! Everyone can understand the concept of protecting self, family and country. Saint Thomas Aquinas knew that **men fight for love of God and country above all else**. That is why cultural Marxism attacks both Christianity and patriotism. Undermine a man’s faith in both and he fights for? Precisely.

Psychological warfare.

The best kind of victory is the one where you take away a group of men’s will to resist or fight at all. There is a saying, ‘You are licked when you think you are.’ ***If you can somehow ‘convince’ an opponent and make him sincerely believe that his cause is hopeless and defeat INEVITABLE you have beaten him.***

How? In the olden days and now...

- Terrifying banners.

- Face masks.
- Yelling.
- Leaping.
- Pulling ferocious faces.
- Glaring eye.
- Jaw thrust forward.
- Artillery shelling (noise and smell).
- Propaganda/psychological warfare. Attack the opponent's very reason for fighting: 'You are not fighting for cause x but really for y!' 'We are not the people's enemy only their rulers!'
- Treat prisoners really well.
- Fraternise with the enemy so demonization becomes impossible.
- Undermine the enemy's traditions before you go in with weapons. If you do that, what are they fighting for?
- In the modern world overwhelming techno-industrial superiority does the trick. This is the warfare equivalent of imagining the beating that big guy over there is going to give you! The bigger they are...the bigger the beating they'll give you!

How to stop a mutiny in its tracks.

You have a rebellion; what do you do?

1. **Remain completely calm.** Act as though you have nothing personal to lose, you are a representative of a system, chain of command etc. Do not get emotional and pissed off. If you do, you won't be able to think straight or be creative!
2. **Target specific individuals not the group.** Direct disciplinary measures at ringleaders: those who are overtly and explicitly defiant. Remember, 'You cannot indict a whole nation.'

3. **Divide and conquer.** Keep rebellious groups unaware of each other as much as is possible. Do nothing which could allow a ‘ring leader’ to emerge who can create an alternative chain of command to yours. Fail to do this and you are toast!

War in politics.

As in war so in politics (both involve imposing your will on others), the importance of **puffing up your team and deflating the opponent** is vital. Hypnoidal techniques of cohesion can be create by

- The calculated use of music (consider the emotional appeal etc.).
- Banners.
- Fireworks.
- Processions, marches, rallies (large bodies of sheep stun and attract other sheep).
- Posters.
- Badges, buttons, ID cards (conspicuous display of belonging via symbolism).
- Pictures of the ‘great leader’ (All cults do just the same things. Think of the Soviet’s ‘cult of personality’ etc.)

In politics people devote energy and focus to ‘bogus entities’. In politics people’s loyalty is always best directed to an intangible, invisible linguistic abstraction (the ‘super-being’) as opposed to a person!

People’s loyalty must be directed to ‘The Party’. Through the abuse of words, the ‘faithful’ must be kept in line by focusing their attention on the slogans of Party A so as to prevent hypnotic seduction by Party B. ‘The Party’ is a secularised ‘God’. It is immortal and survives the individual.

Logic is poison!

For God’s sake NEVER discuss ‘principles’ – like cults stay away from logic and reason. The last thing you want is the faithful to lose faith and

THINK! If a political opponent is a master of logical thinking, for f**k's sake avoid letting your man meeting him head on! Only enter a fight on your terms. If possible!

What creates group cohesion is...

1. Feelings not thought.
2. Belonging to a social group and the warmth and intimacy that experience provides.
3. The 'magnetism' of the leader. Not the real man, his carefully constructed character that he and his PR and acting team have deliberately created and crafted for public consumption. *The real man must be hidden at all costs*; you don't want anyone knowing he is really a lying, amoral, psychopath. They'll learn that later - but by then it's too little too late and another psychopath is waiting in the wings.
4. Remember a principle of persuasion: you don't have to con-vince anyone of anything long term: just long enough to con them so that the changes you make are irreversible or take great effort to undo. People are lazy.
5. Use the power of symbols!!! Cannot be stressed enough. These act as powerful emotionally associative constructs which elicit automatic responses with enough conditioning/exposure etc.
6. Con them that they will win: induce a sense of expectation of the very moment of the electric thrill of success. Create a hypnotic future pace/imaginary reality of that amazing moment. **The faithful work for images installed in their heads not realities!!!** The images arouse feelings! Open up 'completion' templates in the brain. Do this by word painting 'land of milk and honey', 'promised land' rhetoric. Jam tomorrow! Recall that song from 'Bugsy Malone'? *'Tomorrow never comes, it's a day for bums, is tomo-rrow!!!'*

There's a sucker born EVERY minute! Really.

Hypnosis in industrial relations.

This section is actually a continuation of war hypnosis in ‘peace’ time.

Morale making is essential to motivate vast hordes of sheeple to work. Here’s the secret folks: no one wants to work for ‘The Man’. The Romans had well looked after, prosperous slaves and ones they beat, raped and starved for fun.

The Soviet ‘social experiment’.

The great ‘secret’ that the Soviets learnt was: **people NEED incentives to work.** No sh*t! When people feel, think or really know that someone else is stealing parasite-like off of their labours, they do as little as possible.

The West learnt from this mess. Low morale at work = high absenteeism, plebs work if at all without enthusiasm and change jobs frequently. This creates low productivity. So as studies and real life experience show that between 70 - 90% of people find money but no meaning in work, how have industries tried to artificially alter this reality?

- **Create an esprit de corps!** Manufacture pride in belonging to organisation x, y, z. In the Soviet Union the individual was subsumed into a linguistic abstraction called, ‘The proletariat’. In the West the individual is subsumed into another corporatist-collectivist linguistic abstraction called, ‘The team’.
- **Use buzzwords!** Shove mindless industrial propaganda speeches that use trite slogans and ‘buzzwords’ down the slaves’ throats. Convince them that ‘Your interests are inextricably intertwined with the interests of business x, y, z!’ Use words like – ‘Efficiency!’ ‘Loyalty!’ ‘Service!’ ‘Production!’ etc., that kind of horse sh*t! These stupid abstract nouns hypnotise the worker. They are meaningless drivel; what I call, ‘Industrial fascism’. Nothing is more pitiful than a manager who really believes this tripe and his indispensability to the company! Oh dear!

How do you con a slave that his personal happiness is less important than the ‘business’ (hyper-rich Elite owners) ‘doing well’? How do you get him to put profits over personal well-being and comfort? Because folks, make no mistake about it, most people’s ‘work’ kills them in the end; it ages you,

makes you sick and depressed. Does wage stand for we-age!? I know: life's a bitch! What you gonna do? Well people are quite surprisingly satisfied if a few things are dealt with. What is required?

1. Straight in at number 1 in the charts is MONEY! I know - what a shocker! It stirs ambition and hard work: the more the merrier. Too low = no incentive. Too high = people get uppity, comfy – uncontrollable. Never let them have too much. Fear, remember! F*ck! The whole system might collapse! **NOTHING hypnotises man more than money in any civilisation** – it is his very reason for existence and it isn't even real, in that it has no inherent worth. Money is a confidence trick.
2. Clean and tidy work place, rest room, lunch area, rest area etc. Yes, most people ask for little and boy oh boy they sure get it.

'Leadership' in management.

Bad managers (who all of us have ever worked 'under') are legion. They create a terrible atmosphere and destroy good service and productivity. In my experience, with one notable exception, they were all petty tyrants (man or woman) with low intelligence and no competence whatsoever to fulfil their role. Even by the early 1920's researchers into workplace labour relations etc. estimated that **a whopping 75% of job turnover is caused by bad management**. Clearly employers like a stressed and miserable workforce; no other rational explanation is possible. Stressed people are more fearful and therefore more controllable.

War in industry: strikes.

If you are some pig of an employer who has p*ssed off your workers so badly that they strike (Pinko agitators aside) how do you control the strike?

- Collude with 'the authorities' to prevent pickets, rallies, protests etc. 1. These often make the problem symbolically visible. You don't want that, it might get the proles support from the public. 2. Strikers need to know that their fellow workers are 'all on board' in order to maintain solidarity and morale. If alone at home with no visible sign of backing each other up, a strike can collapse. The media friends you had that

went to the same University can help enforce a media blackout, so that effectively the strike doesn't exist. If the public *is* aware, simply lie and distort information using your press friends help - so that no accurate hologram formation can take place in the minds of men. Easy!

- Prevent strikers from meeting en masse to discuss and most importantly listen to speeches from strike leaders.
- Men need leaders especially in times of conflict to coordinate effective activity: you need to divide the head from the body so to speak. Recall our NS studies.
- Divide men on strike by intelligence, class, occupation, race, nationality etc. Strikes are formed, usually, of alliances. Break up the alliance into its separate parts. Divide and conquer. Why do you think there are black and white pawns on a chess board? Why do you think they are only capable of direct attack? Think about it folks.

Control information flow, dissociate parts, prevent speech and so thought, engender fear. Yep that's a type of cultural hypnosis alright.

Now we examine an element of cultural Marxism's infiltration of the West.

Theodore Adorno's warped Imaginarium.

Post-Western society is clearly diseased and pathological. I would like to offer two brief explanations, amongst all the other proofs I have laid out in this book, as to why that might be.

The opium of the asses: sportsnosis and the illusion of competition.

In his book '**The Culture Creation Industry**' Frankfurt School darling **Theodore Adorno**, who mysteriously owned the copyright to all the Beatles Songs until his death when Michael Jackson bought them, wrote about the true purpose of sport in any society. He said ***the main social function of any mass organised sporting act was to create the illusion of competition in a society which didn't really have much competition at all.***

Necrophilia in the media.

If I might speak about Theodore Adorno again: it was the avowed aim of the Frankfurt School to destroy Western Civilisation by destroying its cultural-moral base, i.e. Christianity – this it has done spectacularly. Theo, as I shall affectionately call him said that he would know the West was finished when necrophilia became ‘normal’; more on this later. Well we can’t say that *has* happened but Vampires are corpses, animated corpses that drink blood right? Okay how many highly popular TV series, books and films have been contrived about a pretty young teen thing who ‘falls in love’ and gets fucked by a vampire? I mean a corpse? Check out: Buffy the Vampire Slayer and its spin off Angel, Twilight, True Blood, The Vampire Diaries, Moonlight. Mixing sex, blood and death: hmmm?

I am not a Christian but ‘We’ got rid of the church and its great spirituality, art and music to replace it with? Corpses fucking teenage girls and macho men chasing sacks of leather around a rectangular space. Go figure!

The Soviets called this ‘cultural contamination’. Have we all been contaminated? I am not judging and I know it’s all a bit of silliness; isn’t it? But...

Adorno, music and ‘cultural pessimism’.

One of Theo's ‘talents’ was said to be music; though if you’ve heard his, erm, ‘music’ you’ll seriously doubt that. As a young and fresh-faced thing, Theo was apparently a promising future concert pianist, studying in Vienna under the atonal composer Arnold Schoenberg. It is 1946 and Theo is in the good ‘ol USA working on the Frankfurt School's ‘Cultural Pessimism’ agenda. Theo is now living on donations from the Rockefeller Foundation after having been a signed up member the Soviet Comintern (Communist International). So Theo writes a bookie-wookie: the demented, ‘The Philosophy of Modern Music’.

In this madman’s tome Theo wrote that ‘radical’ music perceived the ‘untransfigured suffering’ of mankind. He claimed the structural ‘law’ of music from now on should be such that it produces an effect in the listener similar to an earthquake or traumatic shock!! Continuity and development would be abolished and forbidden.

He believed 'musical language' needed to be dramatically polarised to the extremes: on the one hand producing affects similar to shock, resembling, *with resultant bodily convulsions*, a petrified terror in the listener, especially women. According to Theo, the goal of 'modern music' was complete oblivion in the listener; in short a message of total despair from someone desperately trying to survive without hope.

Theo hoped it would induce schizophrenia in the listener but would be quite satisfied if the music merely imprinted itself upon a listener so as to induce the attitudes that approximate mental illness. Like some kind of cultural vampire, Adorno believed further that such wilful involvement would bring about nothing less than character disintegration. That **the listener would come to believe in the magical fulfilment of the fanciful wishes and ideas installed by the music and seek to create their realisation in reality which was impossible. He wanted this to create a mindset in which insanity would be seen as good mental health.** This is one of the major causes of egosyntonic behaviour (see book 3), addiction, misery and madness in the Western world. The roots of such thinking are found in ancient Gnosticism.

The beauty purge: Adorno's plan to destroy the West.

The key to destroying the West or what Theo called the 'authoritarian impulse' (this was essentially a term for anyone who didn't want to be a slave of Communism dressed up in fancy bullshit) was that all forms of beauty had to be utterly destroyed. He advised utilising 'Top 40' pop music in order to totally degenerate mass culture; this he believed would trigger a wide variety of mental breakdowns on a huge scale. Well thank God that hasn't happened...DOH!

The goal of producing such soulless 1984 versificator pap was:

1. **Depersonalization**: the loss of connection to one's own body. The goal of cults etc.
2. **Hebephrenia**: the 'couldn't care less attitude' of the sick personal towards external reality concerns. Think of modern teens.

3. **Catatonia:** a pathological fugue state created by shock which produces immobility. Look how apathetic people are around you!

4. **Necrophilia:** in his own words – ‘*Universal necrophilia is the last perversity of style.*’ We have a man who dyes skinned corpses and puts them in various positions and people of ‘good taste’ (the clinically insane) pay good money to view such ‘dance macabre’ in, ahem... ‘Art galleries’. O-kay class...

The first 3 aims above are indicative of pathological trance. The last? Well, I’ll leave that to you. As people are conformists Theo rightly knew that such ‘populist’ music tends to become the ‘style’ for everyone, as it mimics mass man’s taste for the banal. Fortunately however Theo’s plan didn’t quite work at first and the top 40 charts have produced some great music over the years. Tough sh*t Adorno! Creative humans tend to produce beautiful things. The lyrics have entirely sexualised our subconscious however – ‘I’m so excited!’ ‘I need some hot stuff!’ (cum ladies and gents). However now, the music industry is a total joke. There are very few new good bands and the lamentably unattractive Miley Cyrus represents a new low with her quasi porn-slut-whore image and tongue-lolling talentlessness.

What a vile cultural mush for an innocent child to be raised in.

New Age rising: The hidden danger of the ‘human potential movement’.

The so-called ‘Human Potential Movement’ (HPM) was and is one of the biggest and most dangerous scams ever to have been put forward as being worthy of anything other than utter contempt. Posing as a ‘science’, it was in fact nothing other than ancient ‘occultic’ Gnosticism posing as something new. It claimed, with no basis in fact, that humans use only 10% of their brain. This is garbage. We use *all* of our brain – followers of the HPM may be the exception. The cultic adherents of this ‘faith’ believed that humans have ‘extraordinary untapped potentials’ - they do not; this trite slogan was derived from Aldous Huxley’s phrase: ‘human potentialities’. Virginia Satir, one of the so-called ‘models’ of NLP (and a ‘Christian Scientist’) became head of the Esalen Institutes director of training. In fact Esalen was nothing

more than a cult lab which seriously messed up a lot of the people who were dumb enough to fall for its advertising claims. Gregory Bateson (former OSS and black propagandist during WW2) another of NLP's 'models' was linked to Esalen and the British Tavistock institute.

The revenge of Aquarius.

Hiding as forms of 'psychotherapy' various cults, (with cultists who called themselves 'psychologists'), half-cults and pseudo-sciences foisted a huge load of frankly mind raping mumbo-jumbo on an unsuspecting public going through the establishment promoted and controlled 'counter-culture' of the 1960's. The 'New Age', so-called, is nothing but a return to pre-Christian paganism, 'voodoo' and mass mind-bending techniques with much in common with several North Korean brainwashing 'tools'. By offering to allow one to 'achieve one's potential' (they love speaking in hypnotic abstractions etc. – what do they mean by 'potential' exactly?) and by creating 'peak experiences' ('peak' of what? in reality - psychedelic drug use mainly!) a great many lives have been waylaid, wasted and destroyed quite frankly. Guys and dolls: the 'New Age' is an old Gnostic cult in disguise (more on the dangers of Gnosticism later). Behind the cloak of the 'Age of Aquarius' was nothing more than the Biblical Lucifer's vain promise: 'Though shalt be as gods!' Believe that and even I can't help you!

Genuine hypnotic psychotherapy has nothing to do with 'achieving potential' and everything to do with helping people relax enough to sort out their own problems once some good, common-sense suggestions have prompted a self-healing process.

Hypnosis and the occult?

There are some weird little side alleys where hypnosis is concerned. Just a little side note: although it is my opinion and experience that sane hypnosis - stage hypnosis for fun etc. and serious, purposeful hypnotherapy are perfectly normal and safe and side-effect free, there is no denying that the 'occult' has its own ideas about hypnosis. I include them here for the reader to consider for his or herself.

Demonic dangers of hypnosis?

It is the opinion of occultists and Catholic exorcists that hypnosis is one of the ways that a person can 'open themselves up' to demonic possession. Occultists say that the very process endangers the hypnotist himself!!

Past life regression or obsession/possession.

Occultists say that the spread of 'past life regression' is a tool that allows demons to enter a human host. Think about it this way from their logic: a person enters hypnosis and is regressed through lots of 'past lives'; what kind of creature might have experienced lots of 'past lives'!!!!

The fact is NEVER play around or mess with the occult anyway. If you believe in that stuff or not: Ouija boards, Enneagrams etc. are weird, unhealthy and perverse. Stay in the land of the living! I had a school teacher who warned us that he had a friend who became obsessed by the occult, whose sole focus soon became death and then, horrifically, he took his own life. Young people can become hypnotically obsessed by the occult at times when life seems dull and uneventful, when they are 'experimenting' etc. Don't even go there for so many reasons! Do not enter hypnotic trance to carry out 'mediumistic' activities'. I am not saying 'demons' and such things are real but if you believe in such things and are in a highly suggestible state, why take the risk to your mental health one way or another? Revealingly Hollywood's new film at time of writing, 'Ouija' (2014) has led to an explosion of people buying Ouija boards. How would have predicted it????!

When using hypnosis in any area, for any purpose – stay away from weird sh*t in the trance state and you'll be fine.

Marx and the occult.

As we are taught history in such a blinkered, unbalanced way, very few people know that like Hitler, Karl Marx was an avowed occultist. In fact I only found this out very recently. Schooling teaches us that he was some kind of deeply benevolent man rather than a bloodthirsty madman. Marx actually belonged to a group known as the 'Doctor's Club': a group of 'young Hegelians' who dabbled in devil worship - seriously. Almost the entire intellectual structure of Post-Western thought is now based on this

man's or his disciples ideas, one way or another. We have been hypnotised into this mess we are in. I am not saying I believe in this stuff but Herr Marx most certainly did. Some of the Gnostic occult roots of the 'left' have been outlined already. This is a blatantly sick crazy bastard poem by a young Karl Marx entitled, *'Invocation of despair'*:

'So a god has snatched from me my all,

In the curse and rack of destiny.

All his words are gone beyond recall.

Nothing but revenge is left to me.

I shall build my throne high overhead.

Cold, tremendous shall its summit be.

For its bulwark – superstitious dread.

For its marshal – blackest agony.

Who looks on it with a healthy eye,

Shall turn back, deathly pale and dumb.

Clutched by blind and chill mortality.

May his happiness prepare its tomb.

The next bit is obviously 'occultic' in overtones –

Then I will be able to walk triumphantly.

Like a god, through the rains of their kingdom.

Every word of mind is fire and action.

My breast is equal to that of the Creator.'

Again - children are taught in Post-Western high schools that Marx was some sort of well-intentioned 'social reformer'; clearly his interest in the 'dark arts' shows a deeply twisted and perverted mind. When men seek to replace 'God' with a man pretending or believing himself a god, God help the rest of us!

Mesmer, the Freemasons and the 'hypnotic revival'.

In the 19th century one Robert Macoy wrote a 'Dictionary of Freemasonry' (don't ask how I ended up here!!! Research trails are odd things!). He writes that a 'Convention' is a Masonic gathering, also known as a 'Congress'. It is 1784, Paris, France: A 'Convention of the Lovers of truth' is held under the 'Lodge of the United Friends'. The Duke of Brunswick, St. Martin and Franz Anton Mesmer, the father of hypnosis or its modern revival play an active part in the 'discussions' therein.

There is a book, 'The Comte de St. Germain', by Isabel Cooper-Oakley written in 1912. In this work the author writes a little about Mesmer. You have probably never heard this name (I hadn't): Maximilian Hell, Imperial Court Astronomer of Austria - a 'scholar', who influenced Mesmer and encouraged him to study 'magnetism' scientifically and practically. Mesmer was introduced to a very bizarre character, the so-called 'immortal' St. Germain. Hold on it gets weirder! St. Germain told Mesmer that he wished to help him in his further study of magnetism. Mesmer was pleased as he admitted his research was at that time 'chaotic'. St. Germain gestured to a room and the two were deep in conference for 3 hours. Germain was said to inform Mesmer of matters concerning the 'elixir of life' by the use of magnetism in a 'series of permutations' and the 'properties of magnetic rays'. The mind boggles!!!? The roots of the modern hypnotic revival are shrouded in mystery and intrigue. In 1778 Mesmer was offered a bribe of 20,000 livres to reveal the secret of animal magnetism; he refused.

Occult symbolism and self-help do not mix!

If you see any course for hypnosis, therapy, 'NLP' or anything related that has

- Pyramids...
- The All-seeing-eye...
- Triangles...
- A compass and set square...
- Positive references to British occultist Aleister Crowley, founder of celebrity sex cult the OTO (Ordo Templi Orientis); be especially wary of 'seduction hypnosis' in this regard...

in its advertising symbolism etc. – *do not touch it with a shitty stick!* Look out for anything that looks like it came from ancient Egypt basically! Is it me or do you feel we just entered...the Twilight Zone!!!?

You people have no idea how widely occult ideas have infiltrated wider society. None. They pose a direct threat to Democracy and the Western way of life. Occult languaging is found throughout most modern politically 'leftist' thought; more interested readers should pursue research through two good, though by no means perfect books, **'The Hidden dangers of the rainbow' By Constance Cumbey** and **'America, the Sorcerer's New Apprentice: The Rise of New Age Shamanism', by Dave Hunt and Thomas A. McMahon.** (Note: the Rogue Hypnotist does not agree with all the opinions expressed in these books, but they are to say the least interesting!)

The Rogue Hypnotist does not believe in the occult but many people do. The 'occult' is just another set of F***ING CRAZY SH*T that dumb human beings can be led to believe in. Most people these days are floating nihilists believing in nothing, wandering through life without any deep sense of meaning and purpose and this makes them vulnerable to gangs of psychopathic mind-benders. Psychopaths are attracted to Satanism. It gives a faux rationalisation and respectability to what they do. One more thing...

The secret about 'The secret' - redux.

I used to have lots of dumb clients say to me, ‘Have you read ‘The Secret?’’ I’d say, ‘No but I’ve heard of it.’ The fact is that ‘The Secret’ is just one part of ancient Egyptian magic – that is, the occult. Do some bloody research before jumping in at the deep end people.

Forbidden history hypnosis?

Ok let’s get ready for another round of – the assumptions game!

You could write volumes on all the lies we are told about the fantasy called ‘history’. I will merely focus on two areas to prove my point. 1. Ancient settlements in America pre-Columbus and 2. Ancient human remains that have been found in America and elsewhere. Remember we are playing devil’s advocate. Both these two branches of research entirely disprove what we are told about our collective past. **History is hypnotic because it creates artificial holograms in our minds about how things really were.** It affects our sense of who we are now, what our roots are, what decisions we make and so, where we are going. The question is why is anyone trying to do this? Why are we being kept in the dark about our past? Is it because status quo ‘science’ is no more open to new evidence than religion? Or is there something else behind it? Like the section on Shakespeare, I leave that for you to decide. **Lies by intent or omission can be dangerous because they hinder our needed ability to navigate reality successfully. History is taught like a religion, something to be taken on faith. But history is written by the ‘winners’.**

Surely the only thing that is important is the truth...

Americas not so ‘secret’ past.

In the 1970’s and 80’s Emeritus Professor from Harvard **Barry Fell** published 3 books on ancient history in ‘pre-Columbus’ America. Two of these books were ‘**America B.C.**’ and ‘**Saga America**’. His discoveries were startling – I list but a few to show you that ‘the owls are not what they seem’.

- Romano-Celtic coin excavated Champaign Illinois dated 3 A.D.

- Babylonian religious artefacts from ancient Carthage found in Ecuador including a Phoenician Babylonian statue deity dated 800-600 B.C.
- Roman coin found, Columbus Georgia in 1945 dated 138-161 A.D.
- Coin of Constantine the great 306-337 A.D. located in Indian mound Texas.
- Coin of Emperor Commodus 180-192 A.D. found in Fayetteville, Tennessee.
- Coin of Roman Emperor Septimus Severus 193-211 A.D. located on Massachusetts, USA.
- Silver shekel of Second Revolt of Israel 132-138 A.D. inscribed with 'deliverance of Israel' Kentucky and Arkansas USA.
- 800 A.D Kufi script of excerpt from the Koran reading, 'Yasus Ben Maria' (Jesus son of Mary) found in Inyo County California carved into a rock.
- White Mountains, Benton - Nevada, California border: Arabic inscription dated 700 A.D. reading, 'Shaitan maha mayan' – ('Satan is the fount of lies').
- 1524 Giovanni da Verrazano finds white blonde haired people in Rhode Island whilst in service of King Francis 1st of France and others as an explorer.
- Engraved shell disks dated around 100 A.D. in Nashville Tennessee, Alabama, Lake Washington - of Norse and Saxon origin.
- Norse weapons found in Beardmore, Ontario Canada and Whitehall, Wisconsin.

And it just gets weirder!!! I haven't even mentioned that the native Micmac tribe in the US has loan words from ancient Greek and Arabic. Is 'history' just a giant half-correct fairy tale we are all collectively hypnotised to believe in by academics? Discuss...

The human remains that shouldn't be.

According to neo-Darwinian 'Out of Africa theory' there should be no human remains in the fossil record over one million years old. The problem is there are! In fact Alfred Russell Wallace who co-revived the theory of evolution by adding in the natural selection bit believed, unlike Darwin that man's evolution had taken rather longer than Darwin supposed. There is evidence that the British Empire - at that time controlling much of Africa and for political reasons - promoted the idea of the 'Out of Africa' meme to glorify itself. I will leave you with some startling discoveries (they startled me at least!) and again, you can make your own mind up about them.

- 1887: human remains found in Italy in a geological rock formation thought to be 4 million years old.
- 1888: human backbone and evidence of fire use in Monte Hermoso Argentina possibly 2-5 million years old.
- 1919: Belgian dig finds evidence of human tool use in rock 4-7 million years ago.
- 1872: Greek dig finds human remains at 5 to 12 million year level.
- 1880: stone tools found in San Andreas California: approx. 5 million years ago.
- 1880: human skull found in rock dated at 5 million years old at Bald Cliff, California.
- 1883: a researcher named de Mortillet claims to have found a human skeleton in the Midi de France dated between 5 and 25 million years old!!!
- 1863: Billy, France: incised bone as evidence of human tool use. Wait for it...12-19 million years old!
- 1880: a researcher, Witney, discovers stone tools at a layer of rock suggesting human habitation over 23 million years ago in the Miocene epoch.

- 1907: 26-54 million year old stone tools found in Baraque, Belgium.
- 1880: Table Mountain, California – stone tools and carved stones at a level of 33-55 million years ago. The so-called Oligocene period!
- 1922: researcher Ballou finds a human shoe print in Nevada. Nothing strange in that...it was in rock over 213-248 million years old!!!!

Now can I 100% conclusively prove the above? No. I wasn't there; but tellingly almost all if not all of the above finds were made by Darwinists and not Creationists (whose theories would also be blasted out of the water I hasten to add!). A very interesting tome to read on this subject is **'Forbidden Archaeology, the hidden history of the human race,' by Cremo and Thompson** (available on Amazon). The writers, both American but belonging to a Hindu sect, at no point try to impose their religious beliefs on the reader. They present a large volume of strange finds and leave you to judge for yourself. They lectured to academics regularly and much of what they said is now growing in professional archaeologists respect.

It is not RH's intention that we all go around thinking ALL our assumptions are wrong – they aren't. Most probably aren't, but reality must be more than just a social-f**king-consensus that makes us feel good, otherwise we just descend into our little cult induced holograms that comfort us with their mass of minds that agree (as though numbers = truth) but edge us no closer to truth; and that's the essence of cultural hypnosis – **credulously believing something because everyone else does**. I am not asking you believe what I included above; heck I don't know if all or any of its true but I have seen some photos which if not faked are compelling.

The question is – do you want someone else to shape you like a helpless baby or do you want to THINK for yourself?

NOTE: some people suggest you should have an 'open mind', I don't. I suggest you do not open yourself up like some dumb, uncritical highly impressionable dolt to whatever input is presented to you. I do suggest you...

THINK

THINK

THINK!!!

Nobody has all the answers. It's not possible. Use that beautiful conscious mind you were born with.

Mad ideas that have hypnotised people down through history.

Man has a tragic propensity to believe not just daft ideas but the outright mad and act upon them as though they were normal. I list a few examples below...

Stalin's orcs.

It is really little known just how crazy Stalin and the Communists really were. Oh sure we know they killed more people than Hitler dreamed of but wasn't Stalin dubbed 'Uncle Joe' in the end? Well let me tell you a little tale about Uncle Joe and his desire to create a perfect slave army that would be incredibly strong and obey orders without question. Having his own little crazy ideas about human evolution he believed that all the races of Man on earth had evolved from separate ape species. So he and his mad scientists actually attempted to breed human women with male apes!!!

Recently revealed Soviet archives proved that by the 1920's Russia's top animal breeding scientist, Ilya Ivanov, was ordered to turn his 'skills' from horse and animal work to the commie holy grail for a super-warrior. Stalin said to his pet Frankenstein: 'I want a new invincible human being, insensitive to pain, resistant and indifferent about the quality of food they eat.'

By 1926 the Politburo in Moscow passed the request to the Academy of Science with the order to engineer a 'living war machine'. Communism's deepest ideological roots always wanted to turn the natural world upside down - social engineering, industrialisation, new cities, architecture, levelling mountains in China etc. were all aspects of this.

Bat sh*t crazy Ivanoff decided he just had to impregnate chimpanzees with human sperm. With helpful assistance from the Pasteur Institute, Ivanoff

used their primate facility in Conakry, Guinea to carry out his experiments. Three chimpanzees were artificially impregnated at the facility. Thankfully, as far as we know, however, the experiment failed.

Being a persistent scumbag and back in the ol' U.S.S.R, Ivanoff proposed to impregnate Russian women with ape sperm. Apparently a 'Woman G' was set to be impregnated with orangutan sperm, alas we hear the donor ape (wittily called 'Tarzan') died, and the experiment was cancelled. Chillingly: other articles suggest further breeding experiments took place and the women subsequently died. Probably for his consistent failures Ivanov was suddenly 'purged' and died not long after. One of the aims of this hell-like insanity was also to prove that Creationism was wrong. Well that makes it alright then supposedly.

Dawkins' ancient alien-gods.

The infamous Professor Richard Dawkins is an 'ethologist' (a behaviourist like Skinner basically), evolutionary biologist and an emeritus fellow of New College, Oxford (author of The Selfish Gene, Extended Phenotype, The God Delusion etc.); a propagandist for his version of 'Darwinian Atheism'. He has written many books trying to explain to anyone who will listen why 'natural selection' is correct and why 'God' is a delusional popinjay; he goes so far to argue in his one of his books that children should be removed from the families of religious people, who are to his mind 'abusing' them. Dawkins is a strong critic of Creationist ideas, as he has every right to be, but he has some other less well known and less well publicised views too!

Dawkins also believes that it is highly moral to abort downs-syndrome babies as they are 'defective' (his words not mine!) – a belief he shares with many 'eugenicists' throughout history. His exact words were, 'Abort it and try again. It would be immoral to bring it into the world if you have the choice'. Charming individual clearly. He believes that date rape is not as bad as erm, stranger rape! He believes that paedophilia is on the whole just 'a bit embarrassing' and not damaging in the long term having been molested himself (well he did attend a British fee paying school where systematic child abuse of various kinds is often part of the curriculum). On

his Twitter account he wrote: 'Mild paedophilia is bad. Violent paedophilia is worse. If you think that's an endorsement of mild (???) paedophilia, go away and learn how to think.' Thanks Dawkins. He also said, '...I look back a few decades to my childhood and see things like caning, like mild (???) One wonders what his definition of 'mild' is? Or how any kind of child rape or sexual abuse of any kind could be considered 'mild' but then he's a professor emeritus) paedophilia, and can't find it in me to condemn it by the same standards as I or anyone would today.' Apparently paedophilia was once okay! Really??? According to whom?

It just gets better. He also believes that it is possible that man was created by an ancient advanced Alien civilisation that manipulated various genomes and seeded them on earth! No fucking sh*t! Yet he regards himself as quite logical, sane and the human epitome of rationality. On matters of science he attests vigorously that only scientists' opinions should be listened to; as the Catholic Church believed it had a right to close down debate in the Middle Ages. The more things change, the more they...

I wonder if anyone else thinks that the highly influential Dawkins is a rather odd person and should be heavily medicated and locked up in an asylum. He is the self-appointed 'Pope' of Atheism. At least his branch of it: it is my opinion that he suffers from the 'Dawkins Delusion'; an irrational desire to impose some of his irrational views which he regards as rational on others. Some people really listen to this man you know. By the way, I say all this being not even remotely religious.

These are rather extreme versions of cultural hypnosis I admit. You can see how far things can potentially be pushed in reality however? Never let yourself be infected by such madness.

The hypnotic stock exchange.

'Hold on!' you're thinking: hypnosis in economics??? Yep! When trading etc. you need to know the following realities and vulnerabilities:

- Prices are in permanent flux.
- Rumour, print (info/dis-info) and the artificial stimulation of mass buying and selling is how markets really function.

- All markets are rigged gambling casinos run by elite ‘mafia’ of one kind or another’.
- Because trading on any exchange is based on borrowed money (margin), players are highly vulnerable and therefore suggestible.
- Markets are governed by false hope and fear: they are irrational. This is why ‘hypnosis’ is such a powerful tool in these situations as it appeals to the limbic brain!
- The less borrowed capital (small margins) a ‘player’ (speculator/trader) has to play with, the greater their fear of being wiped out in one fell swoop! Use this against them – they can be spooked.
- The small margin player is also paradoxically highly susceptible to speculative mania! His small pot of cash makes him vulnerable to the excitation of his greed and lust for riches!
- Humans hate hard work and want lottery wins. By achieving such fantasise they hope to escape the system. This is essentially the gambling addiction mindset.

Hypnotising the greedy mind.

- As I said in my third book: ‘monkey see, monkey do’ is one of the key ways to influence people – simply hire a few stooges/mercenaries to start buying or selling x in plain view and others will follow. Watch the brilliant film, ‘Trading Places’.
- The public have no investment brains: they do not buy cheap, they buy when the price of x is high. They sell when they fall. Markets are sent higher by more and more of the public buying high and sending prices parabolically higher and higher still!
- To trigger this buying frenzy you must provide continued evidence of more and more trading activity.
- Frenzies can be triggered by skilled ‘market operators’ (crooks) 1. Sell x up and down a given price scale throughout a trading day. 2. Buy x

up and down a given price scale – this induces an illusionary belief that the ‘market is active’.

- To keep this Ponzi scheme going you must have propaganda. You must provide fake reasons/rationalisations for the market activity. These days the business press and TV shows are essential to manipulate public opinion through lies and half-truths: a fake hologram of the lottery win as reality and not fantasy. How exactly? Use ‘dope sheets’, brokers’ letters, financial columns of the bestselling newspapers, TV economic editors ‘forecasts’ (few of these people have ever run a business etc.) and most especially ‘rumours’ from ‘well informed quarters’.
- You must also use real news to hypnotise the proles into greed frenzy. Let’s say your country is at war. The war is about to end: this much is real. **Symbolically reframe the meaning of event x, y, z** – to install a hologram, start a rumour/offer a prestigious suggestion that markets will ‘explode’ as a result of ‘peace’ (the temporary cessation of profitable war). With the sheeple thus excited and unthinking and hijacking their natural optimism that ‘things can only get better’ you privately sell while the selling is good and get out before reality dawns on the duped! In case you hadn’t worked it out: stock markets are staffed by psychopaths and their hangers on. The real word that sums up all cultural hypnosis is expediency!

Between fright and ecstasy: The psychology of the boom and bust cycle.

Words can create real world actions etc. but they cannot create facts. Fictions cannot turn into facts but you can deceive for *just* long enough! When you do and for a time, you can get the masses to make very stupid decisions.

‘Prosperity’ and ‘depression’ those twin bugaboos are projections onto the ‘business world’ of collective states of mind created by the business world’s propaganda operatives in the press.

A ‘boom’ or bull market (coz it’s all bull) is the delusion of endlessly ongoing profit. To create one you must stimulate men’s imaginations!

Induce men to believe that ‘new wealth scheme x’ will insure they live like kings. A bumper crop harvest, a war’s end, the ‘discovery’ of an oil field all serve as real examples on which you can attach an exaggerated sense of optimism. You must interpret the meaning of such real world events for the proles.

A ‘bust’ or ‘crash’ is nothing other than the sudden and drastic Rip Van Winkle reawakening from this pipe dream by an invasive explosion of fear when reality dawns! Based on fictitious data men make bad guesses.

Crowds may stampede toward any position based on fright or ecstasy. Just look at the repellent behaviour of crowds when a sale is on. Crowds will trample and literally steal from children to get ‘bargains’. Such irresistible impulses may be initiated with scientific rigour: claimed ‘official sources’, ‘insiders tell me’ etc. serve as just the right rumour mechanisms by master market operators and their lickspittle presstitute stooges. Business is, overall, in the business of selling illusions, hypnotic realities and woeful holograms.

Well if you will chose to allow others to do your reasoning for you. Deception, intimidation and image-making, propaganda and persuasion appeal to and seize the subconscious instincts of the mob.

‘...The poor get poor and the rich get rich: that’s how it goes, everybody knows!’

The stupidity explosion: hypnotic indoctrination in schools.

The following section may well offend, p*ss off or disturb a number of readers: however, it is from my research and experience a close approximation of the truth.

Samuel Adams, one of America’s most influential ‘Founding Fathers’ once wrote:

‘It is in the Interest of Tyrants to reduce the People to Ignorance and Vice. The Religion and public Liberty of a People are intimately connected; their Interests are interwoven, they cannot subsist separately; and therefore they rise and fall together. For this Reason, it is always observable, that those

who are combined to destroy the People's liberties practice every Art to poison their Morals.'

There are many stupid people. There are few intelligent people. But I have never met a stupid person with an insight of their stupidity: they are unconsciously stupid. But I have encountered many highly intelligent people who have been convinced (hypnotised) by the less intelligent, especially those in authority or the downright moronic that *they* are stupid. As Arthur Conan Doyle said, 'Mediocrity recognises nothing higher than itself.'

The boldness of the stupid is legendary. We have been dumbed down deliberately. It prevents us thinking and makes us more obedient to authority and clever 'experts'. If you are not thinking you are in a trance state. This is why stupid people have a vacant trance look.

The Neo-Egyptian prison/school: dumbing down the masses.

In 1992 New York State teacher of the year **John Taylor Gatto** wrote a very revealing and disturbing book, '**Dumbing us down**' about the realities of the compulsory education system in the USA. The facts it exposes could relate to any 'Westernised' country in the world. Gatto identified 7 key factors of what teachers, no matter how well-intended, actually do to our children in state/public schools:

1. **Induce confusion in children.** Teachers teach a vast amount of unrelated information to youngsters. The information is inherently contradictory and induces panic and anger in the student because of this. However the children are powerless to protest. Information must be superficial and never in depth so as to prevent full understanding. The information is meaningless – good education as opposed to 'schooling' is about learning codes to process information meaningfully and to make connections from it. This is very similar to TV programming which is chaotic and cohesion-less. Children are programmed that confusion is just the way it is. This to a greater extent is what cults do.

2. **Learned helplessness indoctrination.** Children are taught to accept and even 'like' being locked in one place with complete strangers for hours a day. They are taught to stay where they are in the pyramid structure of school and wider society. They are unconsciously taught that the game is rigged for them to lose. They are taught to feel superior to the 'dumb' and inferior to the 'smart'. They are taught that employers care about the grades they get when in reality they don't really give a sh*t about them and rightly so. *Teaching unions lobbied employers to take the exams they fabricated out of thin air as having any real meaning.* Employers do not just hire people because they are good parrots; however this is what school rewards you for being. Illusion: if you 'work hard' and get better abstract numbers and symbols on a piece of paper you may 'move up in the world'. The reality is far different.
3. **Approval seeking indoctrination and the manufacture of sham enthusiasm.** Teachers like it when pupils show 'enthusiasm' for a project. If they show this, they are rewarded by approval from the only adult in the room who is replacing the natural approval system of mom/mum and dad. Enthusiasm must be superficial and last only until a bell rings and tells the pupils to drop the enthusiasm instantly. A pattern of *prompt enthusiasm – instant indifference* is conditioned into the children. Work is left incomplete; so why give a sh*t about it?
4. **Dependency indoctrination part 1: emotional dependency.** The child is taught that the teacher is an authoritarian dictator who can grant requests and deny them at will. Children have no right of individuality or basic human rights such as freedom of speech. Even their f**king bowel movements are controlled by their having to ask permission to vacate them. The will of the child must be trained to seek the approval of the teacher. Moments of privacy, emotional and spatial must be limited, invaded and used to dog train the youth. 'Good behaviour' = privileges. This, to more extreme degrees, is exactly what happens in cults and prisons. **Children are taught from an early age that authoritarianism is normal; this will prepare them from the**

powerful authoritarianism of their future employers and managers etc.

5. Dependency indoctrination part 2: information dependency.

Children are taught not to use their initiative. They may only act with the teacher's permission. Self-volition is not permitted – this as we saw from the neuroscience section is the definition of hypnosis: the subject cedes control of the executive function to the teacher-hypnotist.

Teacher's control: what the child does, for how long, what is thought about and what is not permitted. Curiosity and questioning is not encouraged only conformity and acceptance. Teachers' employers (the state) tell teachers what to indoctrinate children to believe and they do so. Pupils who try to show flair, imagination or independence of thought are swiftly broken-in through bad grade number magic which makes the child feel bad. Think about that – a letter or number changes your feelings!!! Parents rarely stick up for their kids, thinking this is all 'normal'. This is because they, as children, went through the same process. A narrowly selected bandwidth of acceptable information (information management) is common practise in cults, the media etc. 'Acceptable' information is processed by the child's brain and programmes it. **Children are taught a life-skill they will be required to function from hereafter: do nothing unless an expert/external executive function tells you to. Children and not taught how to tell themselves what to do!** This is essential training if they are to exist in the adult world of total interdependency – in fact the 'economy' as constituted would collapse if people were taught independence and self-reliance. Therapists would sit alone. TV would be replaced by home grown entertainment which was the past norm. Heck people might even talk to their neighbours! The barely 100 years of 'welfare state/social security industrial complex' would go the way of all lumbering dinosaurs. Food production would cease as people grew, prepared and cooked their own food etc. You could go on, I won't...

6. Chronic dissatisfaction through 'self-worth' management. Children are taught that they are not loved for who they are but how well they parrot what they are indoctrinated in. If they do not memorise it and

parrot it well they have their feelings bashed through the number magic of tests, evaluations, reports etc. As though a person were a machine, appraised for how well it operates. Children are taught that their self-worth and indeed their entire future is based on the 'high-estimation' of total strangers. This makes inherent self-worth impossible. Both cults and the media do the same thing. **Children are taught (unconsciously) that they must not trust themselves and their own judgement. Under no circumstances are they to practise self-evaluation: the system encouraged by all major philosophies, some higher religions and schools of therapy. However, good mental health is impossible without it.** The child becomes a pinball machine ball desperately seeking the 'kindness of strangers' like Blanche Dubois.

7. **You are being constantly watched: no privacy indoctrination.**

Privacy is an essential human need – if this need is unmet we may become anxious or depressed. In order to keep any 'society' (a school is a micro-society, like a cult) under tight reins you must teach children they are being constantly watched. There is no place to hide. Children are encouraged to snitch/grass/tattle on friends, other pupils, parents etc. Control of time, idea exposure and alternative sources of teaching/wisdom is limited through 'homework'. A method for ensuring that 'information swamping' occurs. The child has no time for alternative views with which to construct their own independently arrived at hologram: only state approved holograms are permitted. Here endeth the lesson class. Schools warn parents that when children first go to school, ***the process will be traumatic*** for all concerned. This is because unconsciously both the parent's and child's instincts know that such a 'process' is unnatural. As our NS section proved: hypnotic conditioning can override instincts. Schooling is part of the 'trauma of living' to be covered in book 9.

In conclusion 'schools' or as I call them child farms or child prisons in essence unconsciously teach – **confusion and a lack of meaning as normal, powerlessness, the unnatural is natural (opposite world), dependency, approval-seeking behaviour, low self-worth, fear as**

normal, invasions of privacy and wholesale behavioural and informational control as normal.

Gatto points out that this system is that proposed by control freaks like Plato in his 'Republic' and Francis Bacon in his 'New Atlantis'. The modern schooling system is nothing new and is derived from the harshly pyramidal social schema of ancient Egypt's incestuous pharaohs. The underlying presupposition is? Know your place!

School farms and the centralised collectivisation of child rearing.

There is nothing inevitable about the monopoly state school system as it is. Let us take The USA only a few generations back. The USA was special and distinct from Europe because...

- Class/professional barriers were porous and with effort easy to penetrate.
- The average US individual was highly self-confident.
- He or she was creative and inventive.
- Most importantly: *the average US citizen could think for themselves independent of 'authority'.*
- Americans were self-reliant before the increasingly centralised state, using 'welfare' as a Trojan horse began to inveigle its way into American homes and families seeking to dictate thought, feeling and outcomes through **standardisation of the populous**. This process of child herding began just before the American Civil War.

A US textbook written in 1850 for young children is the same level as college level textbooks today. The fact is that learning to read and write is easy, when a child really wants to, they can learn it in less than 100 hours; this is well known. In fact indentured servants in the US were self-taught and highly literate at the time of the American Revolution. As states centralise all authority, including schooling, the following consequences occur:

- The human life cycle becomes standardised through conformity. Everyone is pretty much the same and does pretty much the same thing till death.
- Clothing styles become standardised.
- Food consumption becomes standardised: regional differences are extinguished.
- Drug use, violence - often of an extreme and perverse nature skyrocket.
- Suicide rates soar.
- Divorce rates increase massively.
- Family life measurably diminishes.
- A genuine sense of community dies off.
- A rigid pyramidal social system of intergenerational castes is created. This was the wet dream of Plato, great grandpappy of socialism; it has been almost fully realised in our day.

School as a system of regulation.

The 'socialist' revolutions of the mid-19th and early 20th centuries (ever wonder where 'socialist revolutionaries' who don't work get their money from?) were used as excuses to 'regulate the poor' so as to avert any kind of social change that was bottom-up driven. State/public schools job was to mould the child into an obedient worker using a historical aberration - the 'professional teacher'. In all human societies, saving the old archaic civilisations, children were 'taught' by anyone who had knowledge to pass on: potentially all were teachers. This plan to avoid truly democratic input laughably led to socialism.

The consequences of state/public schooling on mental health and personality formation.

- Children in schools show behaviour patterns similar to those traumatised by the effects of divorce – they have been forcibly divorced from their families.
- They are unable to concentrate for very long; whether from better off or poorer families.
- They develop ‘time dysfunction’: an inability to have a fully developed sense of time that has passed or that may come in the future.
- They are greatly distrustful of intimacy. This is seen in children of divorce.
- They hate and cannot tolerate being alone.
- They exhibit cruel and violent behaviour.
- They are overly materialistic.
- They are both passive, lethargic and lack initiative having been conditioned into dependency thinking styles and pre-depressive patterns of learned helplessness.
- They exhibit escape behaviour in the form of being constantly desirous of distractions. This is labelled as ‘attention deficit’ etc. Intelligent, energetic boys are a prime target for drugging.
- They lack confidence in the face of change and the unexpected because their lives are so controlled, rigid and lacking in genuine risk and adventure which builds character through overcoming challenges daily.
- State/public schools have replaced the church as systems of information processing indoctrination: questioning of syllabus material and its relevancy are heresy and all data must be taken on faith.
- Family and genuine community life is destroyed. Time spent with family is reduced to a timid rump of life experience. Total strangers effectively raise/bring up other people’s children as they see fit.

- Self-reliance and motivation, courage, love, perseverance and dignity above all are not fostered in children in state/public schools. This warps the personality and mal-forms it. Children are psychologically damaged by school but they put up with it because they've been told 'this is the way it is'. You have no choice!
- State/public schools indoctrinate highly suggestible children with information that is grossly inaccurate, simplistic and/or irrelevant - hindering their chances of realistic appraisal of self, others and reality itself. This puts poorer children especially at a disadvantage when it comes to leaving school and competing for jobs. To succeed you need a strong map of reality; the average taxpayer funded school ensures this cannot come to pass.
- Schools waste around 12 years of a person's life (minimum); all the important data and skills could be learnt in a period lasting no more than a year to two or so; then children would be free, like all people who really learn anything, to teach themselves – the only proven effective system of learning anything. School is simply an open prison for children; state/public education is a disturbing and confusing prison sentence for a child. This is why they seem to 'grow up' so quickly after having entered the schooling system. It is the modern equivalent of child labour.

School as symptoms of social pathology.

Apart from the above, why are schools then so bad for children - and adults for that matter?

- Schools artificially separate the generations as in no time in human history. Old and young alike are herded off into mono-generational time free zones. Without mixing with people of all ages they fail to develop an accurate hologram of the past and future. We don't know who we are or where we are going!
- Schools have created and encouraged the creation of artificial 'networks' as opposed to real communities. School based 'relationships' rarely survive that artificial environment.

- School is a human sorting mechanism for separating the ‘good eggs from the bad’. It helps trap people for life.
- In the US, before state school education began, literacy rates across the country stood at an impressively self-taught 98%. By 1990 they had sunk to 91%. Go figure!
- By all independent assessments, *home schooled children are 5-10 years ahead of state/public schooled children in their ability to think!* Yet we are taught, via the media, that they should be regarded as a bunch of ‘weirdoes’, vaguely resembling the Addams family. However Mozart and Tolkien were home schooled. Home schooled children are 30 percentile points above public-school students on standardized academic achievement tests in the US.
- The intention of state schooling, through formulaic methodologies is to deliberately create formulaic and predictable plebs that are controllable. *Schools were invented to be a systematic way of managing the masses.* This monolithic edifice of manipulation was brought to be by University of Chicago’s Sears, Harper and by Horace Mann. Thorndyke of Columbia teacher’s college was also involved in the agenda, and that is by no means the full list of culprits.

When did compulsory education begin in the US?

In 1850 the state of Massachusetts created a law making state/public schooling compulsory. 80% of parents in the state wanted nothing to do with it. In fact they resisted its enforcement with their guns!

By the 1880’s only one pocket of resistance was left: Barnstable on Cape Cod. The state militia was brought in to forcibly kidnap all children in that area and force them into school at the point of a gun.

Teachers hypnotically install delusional self-fulfilling prophecies in children.

It’s 1968, Harvard psychologist Robert Rosenthal carries out an experiment in the ‘power of expectation’. Working with the head of an elementary school he did the following:

- Students are given an 'I.Q' test.
- Teachers are privately told the names of the students with the top 20% of I.Qs.
- This elite is called the 'spurters' group. These are the ones that everyone expects are 'most likely to succeed' etc.

Or rather - that's what all the teachers were led to believe! In reality the researchers had just selected kids at random. The experiment was not about I.Q (or maybe it was!) – it was about how teacher's prejudices, bias, expectations, stereotypes and delusions influence how they interact with children. So what happened?

After one year, the kids called 'spurters' were all achieving higher grades than the 'non-spurters'. The teacher's ideas, which they had effectively been hypnotised to have by withholding information and thus creating a warped hologram, had changed how they had treated children in reality! Now this sh*t happens in all schools, all the time anyway. If you are a parent reading this, consider: what does Mrs. so and so *believe* about your child? If adults display no belief in a child, guess what Einstein, the child, consciously and unconsciously picks up on this and believes in what that idiot at the front of the class thinks. In some cases their entire futures are ruined by pot luck. Nice.

The pathological denial of society.

It has been my personal experience collectively we have an amazing capacity to ignore and consciously deny that children, their children, are not traumatised by the 'schooling process' – entering a school, going through the experience of being thrown in with a bunch of complete strangers, who you most likely will not develop any lasting or significant attachments etc. to. But I am afraid this attitude is a delusion. The schooling process, *as it is currently constructed*, is incredibly damaging and unhealthy for young people. Humans are the most adaptable species on earth and if brought up in a pathological environment but taught that it is 'normal' by parents, they will adjust to the pathology. They will believe it to be normal. This is proven by children who are raised in North Korean political prisoner

camps: if they escape, and some do, they will often find readjusting to the relative freedom of the outside world intolerable and crave the 'structure' and 'simplicity' of a world where to fail to follow one rule = death. I am exaggerating to prove a point.

The flirtations between 'powerful' male teachers and teenage girl students is also something they keep nice and secret; although many have experienced it. Denial is full of crocodiles...

Schools and absurdity indoctrination.

Gatto said that school makes us behave in 'absured' ways; what did he mean?

- You are compelled by law to sit with people of the same age and social class only. This cuts you off from the great law of reality: VARIETY! Like TV this seals you in a cling-film wrap selected focus on NOW! As I said - there is no past in the form of old people, there is no future in the form of those younger. This age isolation has never existed before in human history that we know of; it is weird!
- It's weird to shift from room to room (cell) at the order of a bell.
- Believe it or not having brains isn't even respected in schools; the kids with the low intellectual horse power (and they do exist) drag everyone else down to their level. The intelligent and creative are bullied.
- The system doesn't want 'doers' it wants talkers. Teacher just talk, people on TV talk, no one is DOING anything! School trains you to waffle. It teaches you of life's great lessons: bullshit baffles brains!
- After school and all the other necessary stuff (like sleeping) and the unnecessary stuff (like watching TV) kids have barely 9 hours a day to themselves in order to learn who they are in private or with others in truly meaningful and natural activities.

The pathological consequences of school.

School as it is currently constructed is proof of an un-sane society. What affect does prolonged school exposure have on a great many children?

- Separated from adults, children no longer care what the adult world is up to or what adults do. This is the complete opposite of the genuine fascination that children naturally have of adults and what they do.
- Because school forces a child to suppress their real selves as ‘socially unacceptable’, the child creates a fake self from the brick-a-brac of TV etc. This makes it hard for children to be genuinely intimate with others.
- Receiving marks, grades, certificates etc. makes children materialistic. It teaches kids, as does TV, that to ‘get on’ you must ‘sell yourself’.
- School makes kids timid: this explodes now and again as nervous problems, empty chest puffing and hollow, pathetic rage.

Educating puppets.

When Abram Lipsky wrote his great expose of manipulation technology ‘Man the Puppet,’ he said that the family was threatened by two institutions who rivalled for influence over our children: church and state. The church is effectively a non-Christian basket case now, so that can more or less be set aside over vast areas of Post-Western society. It is the corporate state that now believes it has a greater right of ‘influence’ over all the children within its grasp than any mum/mom or dad. After all you only gave birth to them! This attitude is derived from so-called ‘secular humanism’ which is in turn derived from the Hindu Vedas! But that’s a whole other story!

However until recently, due to the influence of ‘philosopher’ **Bertrand Russell**, parents were able to educate their children more or less as they saw fit until 4 years of age: in the UK with both parents having no choice but to work and following Russell’s advice as laid down in his, ‘**Education and the Good Life,**’ children now enter nursery/kindergarten at age 2 having barely learned how to go to toilet alone. Lipsky talks about the parental instinct:

- Parents have an innate desire to educate their own children: it is genetically based.

- Parents wish their children to grow up like themselves (tradition preservation) or, and this is important – as they would have liked to be! In other words parents want their children to have it better than they did.

In defence of past schooling, up until the 1960's or thereabouts state/public schools did try to produce good citizens who continued national traditions or 'folk ways' that made their respective country unique; this produced pride in self, a genuine community based on shared language, experiences and history: creating true patriots who would defend their countries mores, ways and principles. In other words soldiers of the future. With the infiltration of the West by internationalist 'Marxist' ideologies, schools became factories for churning out good future - that hideous abstraction: 'global citizens'. Each society down through history has sought to mechanically create the type of citizens that its ruling elite desired according to time and circumstance; expediency once more.

'Thoughts' rather than thinking.

How do you produce a cookie cut-out person?

- All states want: 1. Obedience. 2. Respect for 'authority'. 3. Reverence for arbitrary texts deemed by said state as 'classics' etc.: this produces uniformity of learning and outcome, an acceptance of 'truths' (collectively accepted myths). 4. Innate curiosity about 'new truth' (fact) is to be impaired or downright destroyed. 5. Finally: the sole aim - to programme-in 'thought' (mantra/slogan) rather than encourage the process of THINKING!
- To create 'acceptable' (to the elite) 'habits of mind' instruction itself is insufficient. The pyramidal, top down, authoritarian and dissociated school structure implicitly SUGGESTS that the child is merely an interchangeable and replaceable cog, a part in a vast soulless mechanism.
- As in hypnosis and as with the hypnotic media, the purpose of school is to only reveal to the child a 'SELECTED RANGE OF FACTS AND

EXPERIENCES': only those which help shape and mould the highly suggestible and malleable plasticity of a child's mind are permitted.

Why children learn anything.

Contrary to myth children do not learn principally due to that linguistic abstraction 'aptitude', although we all have inborn, genetic gifts and weaknesses. **Know this: children like a subject if they like a teacher, if the teacher repels them so does the subject. That's reality folks.**

This fact is highlighted by the observation that the personal attractiveness (likeability) of a given teacher arouses such enthusiasm for a subject that it matters not if the teacher even knows anything about it!!!

We conclude? Subconscious/unconscious 'attractions and repulsions' are the key to success and failure in education. Success depends on a whimsical love-hate game of no choice whatsoever for children. Marvellous! At 16 I had the misfortune to have a replacement teacher in my physics class. He was not a nasty man, merely utterly incompetent. He was so grotesquely fat that his gut protruded through his shirt which fought in vain to hold back the blubber. His shirt was perpetually soiled with the splattered remnants of his last feeding frenzy at the trough. He had less of a grasp of physics than the class. The previous teacher had ensured all the boys (save the half-wits) were going to pass their GCSE exams (the set of exams all children in English state/public schools sit at 16); he was confident, knew his stuff and was professional if predictable. He left and we were left with Jabba the Hutt! Even the brightest kids in our class failed their GCSE exams. We had all, alas, in vain, like Jabba's shirt, attempted a school boy coup d'etat, having written a letter to our demented headmaster begging to have the obese dolt-slob removed so that we had some chance of getting a good grade.

Teachers, being like doctors authoritarian by nature, and engaged in what can only honestly be called 'secret society' like contrivances of sticking up for each other, even when one of their number is in the wrong - we had merely raised the demonic wrath of the school's head. Who rather than seeing a cry for help and being a former Navy officer perceived a mutinous crew, demanded that all the miscreants sign their name to the accursed and

treasonous letter and individually justify the act in person to the said severely unbalanced headmaster who had a quaint habit of thumping boys and pulling their hair if they annoyed him. The head knew his stuff: about 7 or so boys had the courage to face him (me not being one of 'em!). The plot was snuffed out in its crib.

Schools are principally large dictatorships run by the unwell. Thus are children's futures created. Why do parents so willingly pay so much tax and get so little back from it? Most spend more time considering which car to buy. A permissive dictatorship is just as bad.

Windows of opportunity.

From young childhood to younger adolescence, we can 'learn', that is be taught by others; after that you must merely provide opportunities for young adults to learn. Resistance to programming in childhood does exist but it is usually bypassed because 1. The child sees the teacher as an 'expert', even though she is not. 2. The teacher does possess skills of manipulation known as 'teaching methods' whereby a child can be forced to 'learn'. In the early Montessori method, wilful children were simply isolated, sat alone, facing away from the rest of the class until they 'con-formed'. Quite simple. Or if you don't toe the party line, teachers can simply 'fail' you for a given subject. This generally brings the 'unruly' around. What I am saying is that teacher's effectively bully children who think for themselves.

If strong arm methods fail there is always the Socratic method: this is a form of 'inquiry and discussion' between individuals, based on asking and answering questions to stimulate 'critical thinking and to illuminate ideas'. Well that's what the dictionary says, actually it's a highly sophisticated form of covert hypnosis and indirect suggestion to lead someone to the conclusion you desire them to reach by focusing their attention. Part of the method is based on questioning someone on a given position they have taken until they contradict themselves. With all the absurdity they've ingested this is likely to happen.

The technical term for this approach is 'elenchus'. It can take the following form, though not exclusively...

- Pupil proposes an idea - 'x', e.g.: 'Bananas are my favourite fruit!' which the programmer/teacher doesn't like or agree with. The programmer must 'refute' it.
- Programmer establishes a 'yes set'. Simply make some bland truism that any fool would agree with, 'Bananas are yellow we would all agree,' etc. and further, 'And yellow is colour associated with cowardice, yes?' You have established an agreement frame and are already lowering the conflict detection mechanisms of the executive function.
- The programmer then 'argues', to which the pupil agrees, that these irrefutable new premises imply the opposite of 'x', 'How could anyone enjoy eating anything that suggests an unconscious tendency to flee a challenge!?' He uses re-association to reframe meaning.
- The programmer then simply states that he has 'proved' the pupil's assertion is false and that its opposite is true. This is a very silly way of getting the method across but in essence that's all there is to it. You act like a smart arse basically and the pupil, being younger and more experienced, threatened by the programmer's challenge and authority simply gives in to it.

Even before Lipsky had published his book he had identified several methods in Western schooling technology that were being used to influence both mind and character directly.

1. Relate to a child one on one and focus on where they are and where you want to take them. That is, do not teach a whole class, isolate the pupils.
2. Use dubious 'intelligence' tests to establish a 'class' hierarchy of 'brainy' and 'dumb' kids.
3. Create the impression in the minds of children with no ability or experience that you, the programmer, are a 'first rate thinker'. Rii-iiight! Try the private sector: they expect results!
4. Take yourself very seriously and the children will too.

5. Get the children to fear you. If you could do so, this would later turn to awe and a devoted loyalty. **Note: man is controlled by fear.** The 'permissive' parenting of pre-Nazi Germany had left the children looking for authority figures they could respect. In stepped the Nazis who gave the children exactly the structure, guidelines and discipline they wanted and in a sense needed. The Nazis like their brothers in arms the Communists identified needs and warped them. They exploited niches and gaps in unfulfilled human nature.
6. Like the politician, the teacher programmer must have a 'good eye', that is a penetrating hypnotic gaze which can be wheeled out when necessary.
7. Induce a docile attitude in children which deliberately leaves them totally uncreative. **Note: throughout history it is the 'rebel' who reaches the pinnacle of scientific and artistic achievement. The go-along-to-get-along sheep end up as submissive second-raters and also-rans. The second type can be 'assimilated' easily into ANY social system desired by its 'betters'. The second type is highly valued and rewarded by those higher up the pecking order of all human hierarchies.**

Most mobs/people are conditioned to believe that wealth = the right to influence the mob. The owners of any society believe they have the right to impose the educational framework on those with less financial resources so as to best meet the owner's ongoing needs and that of his offspring. Business, the state etc. want 'good' workers: clerks, cashiers, mechanics, call centre workers etc. All forms of civilised states are identical in this respect, no matter what labels or window dressing they attach to themselves temporally. The teacher's express job is to mould the pupil so that he or she may better serve their masters.

Lipsky warned that the 'future belonged' to those who understood and took hold of the 'educational process' to seize the child's plastic and impressionable mind in order to make its latent potentialities work for the ruling group. The free development of young minds is an anathema to

the whole idea of ‘schooling’, ‘education’ of whatever silly euphemism you want to use for dumbing down and indoctrinating.

The techniques in school indoctrination are far more sophisticated now; the ones Lipsky identifies are still in use but are now over 100 years old.

Lavrentiy Pavlovich Beria, Stalin’s head of the Soviet secret police (NKVD etc.) promised that methods were being developed to ‘update’ children as required to serve the state, decade by decade, to the point where **perfect indoctrination** was possible. It is the Rogue Hypnotist’s point of view that we live in such times. More on this in my final book.

Pictures of emulation.

Books are used to paint pictures in children’s minds of how they should and shouldn’t behave: the Bible, Homer’s Odyssey etc. were used as the sole focus of input as to how the young were supposed to act. **Word or actual pictures that stimulate just the right emotional reactions are all that is needed.** To my regular readers, the hypnotic principles are, I hope, obvious.

The teacher can then prestige borrow from such ‘Holy’ texts giving his or her own pronouncements on this or that as being merely a dutiful conduit of ‘God’s will’ (which god?) or the advice or model life (example) of a cherished though fabulous hero. Today the teacher is more likely to borrow unconsciously from the schizoid occultist Marx, Antonio Gramsci the inventor of Cultural Marxism, Paul Ralph Ehrlich the neo-Malthusian or Madam Montessori, the favourite educationalist of Mussolini. Suffer the little children.

Don’t believe me? I dare YOU to volunteer to be a student for a day!!!

A recent article in the Washington Post by Valerie Strauss dated October 24th 2012 has only added to my conclusions. A US high school teacher Grant Wiggins runs a teaching blog called ‘Authentic Education’. A lady teacher had, as part of a new teaching role, decided to be a student for a day – this is what she discovered:

- Sitting in place ALL DAY LONG is exhausting. The mind slips into oblivion. This happens in cults. It creates mental and physical lethargy

as one is unable to process content consciously.

- Teachers talk TOO much. So much so that children cannot process the information; as in cults. The child's mind is stilled.
- Teachers tell students to 'Be quiet and pay attention' all day long. This is a hypnotic command to stop thinking.
- Teacher's perpetual sarcasm and annoyance, and students' natural responses to the artificial anti-child environment called 'school' breaks rapport with children.

If you are a teacher reading this and you are 'offended' (and I hope that type of teacher is!) go and put your money where your mouth is and BE A STUDENT FOR A FULL WEEK! I f***ing dare you!!! Sitting and listening almost all day is abnormal human behaviour. If you can't see that you need help. 'Common Core', so-called is only the latest technocratic fantasy for preventing children from being able to reach their true potential. Quite clearly there is a war against 'ordinary' (non-elite) children.

Is school ALL bad???

No one can say we learn nothing at school or that it is all bad. School teaches you:

- The importance of being a really good liar.
- That the people who get into teaching are chiefly very odd indeed.
- That you educate children by using dog training techniques.
- That power is often arbitrary and unjust.
- That blind obedience is rewarded.
- How to placate bullies and take a beating.
- That you need a gang for protection and esteem.
- That few if any care what you really think.
- That fear plays a large part in social interactions and control.

- That social relations throughout life are based on the ‘dictatorship principle’ – shut the f**k up and do what you’re told!
- That you can’t choose who you spend your time with.
- That there’s always someone ‘better than you’, even though there’s not.
- That being a ‘virgin’ is worse than being a murderer.
- That being ‘popular’ (nominalisation) is important and socially desirable.
- That wisdom comes from your no-life contemporaries rather than the wise.
- That you are not in control your life.
- That the only way you learn anything is by teaching yourself.
- That parents are having their tax money robbed from them for little to no real results; the epitome of centralised, socialised anything – an insurance scheme that never pays out. Really the Soviet system with a smile.
- That much of life is to be wasted doing things of absolutely no use.
- That what you want isn’t of any importance to anyone really.
- That we live in child-hating societies.
- That life is not a glorious adventure but a factory conveyor belt...

You could go on and on. The alternatives are not for me to say. I am not a politician or a utopian after all. Just pointing out one area where cultural hypnosis is at work and why people are so screwed up by late adolescence.

A good book to read on the dumbing down of education, which is beautifully large and full of genuine information is **‘The deliberate dumbing down of America,’** by **Charlotte Iserbyt**. She worked in the Education Department under the Reagan administration as a Senior Policy Adviser and knows what she’s talking about.

If you want to watch a very funny film about how dumb we are all becoming or have become you must see **‘Idiocracy’**. I’d say it’s about our future, if it wasn’t already our present! I haven’t even mentioned how modern schooling is causing ‘burnout’ in teachers and pupils! We’d be here all day! See appendix 6 for an explanation on the psycho-mechanics of ‘confident-ignorance’.

Hold on! you are thinking; I went to university/college! I am better paid because of it. I didn’t say it didn’t have uses now did I. ANYONE can go to college now, no matter how dumb as pig shit they are okay. Any commodity that is widely available loses its value! Go to college – get a toilet paper degree, get in debt, end up working in Wendys! Great!

Please do not take this section as a recommendation to stop studying or drop out of college etc. You didn’t invent the game but the game exists nonetheless. We all have to play it!

‘Our’ hypnotic media.

‘But what a fool believes he sees...’

The Doobie Brothers.

A working definition of ‘media’ must be put out there first by me: by ‘media’ I mean any technology – that is any technique at all; this I shamelessly steal from Marshall McLuhan because he was right about it. But in this section ‘media’ will also mean **those who mediate between rulers and post-modern serfs**. The latter being me and you in other words! These are those organisations and their operatives who communicate messages (one way) from Power Elites to the masses. They form a great deal of the hologram people call their ‘reality’. The media is, in this sense, a part of the so-called ‘culture creation industries’. They create 99% of Post-Western culture and its consumption/participation. This is the ‘information trickle down’ system.

The media gives 99.9% of people, especially after their formal schooling period ends their sense of reality. It supplies them with both facts and factoids with which they have their ‘reality’ hologram installed.

The media, like statistics has become their new 'scripture'. In many ways it gives them as many 'flat earths' as it does sensible data that can be verified experientially. When I started getting a large number of people as clients who had been conned by media spin as to the nature of the world economy before the 2008 global financial crisis, I realised that this undoubtedly was so. Let me put it this way – lots of my clients were so because they had lost a lot of money as a result of believing the hype. Remember: believe what you will - reality always wins.

The confidence-trick of 'the economy'.

Cultural hypnosis takes many diverse forms: what if you can con a people through mis and disinformation, using the media, that the economy is great when in reality it's on the verge of a global systemic collapse? If you could create that delusional hypnotic reality, that fictitious hologram, would that count as cultural hypnosis? Consider hypnotising a man that an onion is an apple etc. – opposite world. The fact is the crash of 2008 was foreseeable at least 10 years before it happened if not sooner. I have had clients coming to see me for years bemoaning their losses in the housing market, 'I had this big portfolio of houses (which prevent young people getting on the property ladder) and I thought they'd keep going up in value (why? when has this EVER happened in human history??!) and then I lost them all with the crash and ended up in massive debt...blah...blah...blah!' Dope!

Up until the day of the crash all the global major news networks were hypnotising people that they should have, 'Confidence in the economy!' That's why it's called a confidence trick. However if you had read history you would have known that the economy of the West in 2008 closely resembled that of Rome before its collapse. I saw the whole thing coming a decade before it did and bought gold and silver which I later sold at a profit. **You can only make good decisions based on accurate holograms:** my information sources were tight; the TV is not a good source of info on anything. People are culturally hypnotised that TV is a 'good source' and so they get burned again and again and gain. Basically they're stupid. This was the basic model of Rome before it fell; notice the similarities to now:

- Massive military spending and wars without end.

- Wages were being pushed down by various factors.
- The devaluation of the Roman currency: known as ‘inflation’! An increase in the money supply, not the price of goods. Price rises occur due to monetary inflation. Think of Weimar Germany.
- Rome was run by criminals.
- The Romans refusal to work, they lived on bread hand-outs: the ‘dole’ as it was known!
- The dependency of Rome on its provinces for industrial productivity. Today we call this China.

What had occurred in the early millennia? Capital and jobs were sent to China and India: wages are low, life is cheap, the rulers don’t care about rights and other warm-fuzzies like that. The transnational corporations wanted pliable slave states: they got ‘em. The only thing they care about is: can a country pay its bills! With no economic growth in the West central banks printed money and flooded the economy with it – specifically into housing. This created an inflationary ‘boom’. Inflation is also linked to immorality because hard work doesn’t equal wealth in such environments. As long as the funny money was printed the party would last. Unfortunately you can’t print money forever! Ooops! At some point someone has to get off their sorry ass and make some shit to sell: that’s called an economy. No service sector society has ever prospered long-term, in history, ever. To make money sustainably – you make things! Ooops!

Wait. You’re rambling, being random, talking about everything and nothing! What’s this got to do with hypnosis? I bought a book on hypnosis Rogue Hypnotist you a**h*le! What’s it got to do with hypnosis?
EVERYTHING!

My clients knew none of this: the media had done their thinking and reasoning for them: result? Misery! How many ‘journalists’ do you know who ever ran a successful business? They just recite scripts! You are trained by school to be a-historical, so you live in a perpetual now and cannot make accurate comparisons. The teaching of business and economics doesn’t exist in most schools – you are trained to be an employee not an employer.

Hey, maybe it's designed that way dummy!? There's a thought! Now that reminds me of a story...

A big fuss in Congress over nothing.

'Thou wretched, rash, intruding fool, farewell!

I took thee for thy better; take thy fortune.'

Hamlet. William Shakespeare, Francis Bacon, whoever!

(If you aren't familiar with Hamlet, this is from the bit where Hamlet mistakenly kills the father – Polonius - of his love interest – Ophelia - thinking the old man was his murderous uncle.)

Intelligence, in all senses of that word, is reliant on information. You can make very stupid decisions if you believe something that isn't – is! This tale of folly will let me explain things more succinctly. This example is taken from **'Public Opinion' by Walter Lippman...**

Breakfast, September 29, 1919, US Senators read a news dispatch in the Washington Post regarding the landing of American marines on the Dalmatian coast. What did it say?

'FACTS* NOW ESTABLISHED

The following important facts appear already established. The orders to Rear Admiral Andrews commanding the American naval forces in the Adriatic, came from the British Admiralty via the War Council and Rear Admiral Knapps in London. The approval or disapproval of the American Navy Department was not asked....

WITHOUT DANIELS' KNOWLEDGE

Mr. Daniels was admittedly placed in a peculiar position when cables reached here stating that the forces over which he is presumed to have exclusive control were carrying on what amounted to naval warfare without his knowledge. It was fully realized that the British Admiralty might desire to issue orders to Rear Admiral Andrews to act on behalf of Great Britain

and her Allies, because the situation required sacrifice on the part of some nation if D'Annunzio's followers were to be held in check.

It was further realized that under the new league of nations plan foreigners would be in a position to direct American Naval forces in emergencies with or without the consent of the American Navy Department....'

(*The word 'fact' is a powerful 'narcotic' word which I describe in my book, 'Wizards of trance!')

NOTE: AT THIS POINT THE SENATORS BELIEVE THE NEWS STORY IS REAL!

To cut to the chase, a gaggle of incensed US senators debated whether war should be declared if but 1 US marine had been killed! They believed that US troops had been ordered to fight by a foreign power without the consent of Congress, even though they are all lawyers and are supposed to know about things like erm, evidence. **EMOTIONALLY ALL SIDES OF THE CONGRESS WANT TO BELIEVE WHAT IS ONLY A PRESS RELEASE!** Something has been assumed and an instant emotional response ensues...

3 days later it turns out that the dispatch was completely wrong. The marines were not fighting the Italians but protecting them at the request of the Italian Government. The Italian authorities had thanked the American commander, who had acted in full regard to that fiction 'international law' for intervening.

1. A stimulus had been introduced into an environment.
2. The men involved were moved by stimulus from what Lippman called a 'pseudo-environment' (hypnotic reality). One created by a press rumour that had been taken to be fact.
3. Conclusion?

- **People live in different hallucinogenic worlds. They inhabit the same external, material reality but they think and feel in**

response to hypnotic holograms that reside solely in their heads.

- *A person's current PERCEPTION of 'facts' is assumed to be accurate and final, this perception is accepted as the basis of something posing as 'evidence and reason' which is only an inference, and acts as the thing/event that generates FEELINGS which lead to real world acts.*
- *There is an incredible difference and disparity of what any set of people at any time or place truly know about the world.*
- *People act not on observable and experienced knowledge, but on PICTURES conjured by themselves or implanted in them by others.*

Knowledge is power.

Setting agendas.

What is a 'media agenda'? The ability of the dominant 'news media' to influence the perceived importance of topics on the 'public agenda'. This means if a 'news item' etc. is covered *frequently and prominently* the audience will regard the issue as more important. Selective focus of attention = hypnosis. This is known as 'Agenda setting theory' (it's not a fucking 'theory' it's reality!) outlined by Dr. Max McCombs and Dr. Donald Shaw.

TV and neuroscience.

'Control the manner in which a man interprets his world and you have gone a long way toward controlling his behaviour.'

Psychologist Stanley Milgrim (of 'Obedience to Authority' fame).

Various studies have clearly shown that TV watching induces low alpha waves in the human brain. Alpha waves (8 to 12 HZ) are associated with

relaxed ‘meditative’ states and **states associated with suggestibility.**

Too much time spent in the low Alpha wave state can cause unfocussed daydreaming and an inability to concentrate (remember the snapping section?). Researchers concluded that TV zombification is equal to *staring at a blank wall for several hours.*

In a 1969 experiment, some fellow called Krugman noticed the following: that in less than one minute of television viewing, the person's brainwaves switched from Beta waves (associated with active, executive function logical thought) to predominantly Alpha waves. Stopping TV staring and reading a magazine brought back the Beta! (They didn't know about gamma, theta and all that stuff then presumably!)

Most brain regions, yes that means logical thought Mister, go the way of the Dodo and we know from the neuroscience section what this means do we not?! Ad men know this as I have written about in my other books, especially ‘Powerful Hypnosis’ and ‘Wizards of trance.’ But they are not the only culture creators to utilise this unwitting trance state: politicians appear on TV, scientists appear on TV, journalists appear on TV, actors spout writers’ words on TV! Can you take a hint? They knowingly take complete advantage of the passive, receptive, highly suggestible, brain state of YOU bozo and everyone else. So even though Huxley warned us about them – you don't need subliminals. In fact the brain is ready to absorb suggestions, within literally seconds of the tube springing to life.

Thankfully the cure is obvious: reading (not a televised text) and writing, sitting quietly and reflecting/thinking, painting and drawing etc.; in fact doing real things in the real world helps dramatically. Gosh! The radiant light from TV alone induces alpha. Slower brainwaves habitually = slower mind! In order to keep your waking attention highly focused and strong – cut down on TV or better still cut it out altogether; at least dramatically minimise exposure. TV is a drug.

Children and TV: how much is too much?

Children may spend up to a staggering 28-32 hours a week in front of a TV, games console, PC etc. What a grand waste of their precious time when

their mind is most suggestible and impressionable. In fact The American Academy of Pediatrics suggests you don't do it at all. Guess what? Playing with your kids and getting them reading and thus THINKING is better for them: I mean who knew right!!!? Get them active in real world activities. What proven dangers does TV present to our youngsters?

- They spend less time interacting with family members.
- School results/grades go down. Problems with concentration increase.
- Sleep problems. Get the TV shut off before bed – it is arousing not relaxing.
- Behaviour problems.
- Obesity.
- Engaging in risky behaviour – after watching their 'heroes' do it on TV. Drinking, drugs, early sex: all encouraged by TV programmers. If it is on TV, it is because the people making the programmes want that kind of behaviour replicated in real life. Do you ever ask why they might want that?
- Children's TV is filled with fictitious stereotypes, violent solutions to problems, and mean, bullying, unpleasant behaviour. Monkey see monkey do!
- Children can see tens of thousands of TV ads every year. They see beer and wine and junk food commercials: it's all going in folks; programming may even remain latent and dormant until they reach adolescence who knows, do not discount it.

Neuro-empathy and fiction.

Humans become absorbed (hypnotised) by complex, emotionally-charged stories because we have empathy. A coin termed by Edward B. Titchener in 1909 (one of Milton Erickson's models) - 1867–1927. Unlike psychopaths we can understand instantly how others feel, this is known as 'cognitive empathy'. But, and this is telling for our study in cultural hypnosis: so pronounced is this powerful ability, one of the abilities that defines our

humanity, as I have already said, is that people may adopt others' psychological bias/perspectives, including those of fictional characters. Studies with pre-school children have shown that even puppets can elicit this effect (the Muppets/Sesame Street etc.).

Neuro-economics and the pseudo charity response.

Paul Zak a 'neuro-economists' (???) of Claremont University wanted to study the effects of empathy elicited by stories. Subjects were shown a film about a happy young boy with terminal cancer. The boy was enjoying himself, seemingly totally unaffected by his grim and fast approaching fate; perhaps knowing how little time he had left, he squeezed every inch of bliss from his remaining time on this earth. The film revealed the father's point of view too: he found it impossible to be happy in the circumstances. Quite a normal response. Note: the story was not a documentary it was fake – the father and son were actors! (See how easy a reframe is?!)

Unsurprisingly the study revealed the two most common responses by subjects were: distress and empathy. After viewing subject's blood samples: both cortisol (a stress hormone) and oxytocin (a hormone associated with empathy/connection/caring etc.) levels had increased.

Next subjects were also given the opportunity to 'donate' to a stranger in the lab context, and/or to a charity that helps sick children. The cortisol and oxytocin levels elicited predicted how much people were willing to give.

Conclusion: empathy compels us to act – fiction or not. Question: what if this could be used against you or to manipulate you?

Neuro-cinematics???

Neuro-cinematics is the study of how stories on film (the movies) affect the brain. In a 2008 study by Uri Hasson of Princeton University and his colleagues, the following bizarre setup was orchestrated for experimental purposes; subjects hooked up to fMRI were shown the following:

- Larry David's 'Curb Your Enthusiasm'.
- Sergio Leone's 'The Good, the Bad and the Ugly'.
- Alfred Hitchcock's 'Bang! You're Dead'.

- A 10-minute, unedited recording of a Sunday morning concert in New York's Washington Square Park filmed from only one camera setup.

What did the study find? Measuring 'intersubject correlation' in the brain, the concert affected only 5% of subjects in a similar fashion. 'Curb Your Enthusiasm' affected 18% in a similar fashion. 'The Good, the Bad and the Ugly' affected 45% in a similar fashion. Alfred Hitchcock's film engendered a 65% similar response in all viewers' brains. Apart from the fact that Hitchcock was a great film director, what does this tell us? His film, decades after it was made, elicited the same responses across several brain regions – switching parts on and off in a synchronous fashion. Hasson concluded that the more 'controlling' an excerpt/film etc. is, and pay attention padawans - ***focusing the viewer exactly on to that which the director wants them to pay attention to = a highly focused audience.*** Just like a hypnotist directionalising the brain during hypnosis.

The controlling 'director'.

Hitchcock was a 'control freak', he wanted to tell the audience second by second what to watch, what to think, what to feel, and most illuminatingly - what you predict/expect will occur next. Just like a skilled hypnotist; what I call 'shutting the process down'.

Jump cuts, violence, sex, spookiness etc. grab the human brain the same way.

Netflix and compulsive binge-watching.

A study by Harris Interactive was conducted at the request of Netflix. A whopping 61 percent of 1,500 online respondents said they 'binge-watched' Netflix; this was defined as watching at least two or three episodes in immediate succession every few weeks). Three-quarters ego-syntonic (acting abnormally but thinking it's normal) said they felt very good about it!

Amazingly a cultural anthropologist Grant McCracken was hired next and sent into the homes of 'Netflix junkies'; what did he find out?

- 76 percent binged to escape reality.

- 80% said that bingeing was more enjoyable than watching just one show.

Conclusion? A vast horde of people are so stressed that they are literally craving long stories that open up nested loop (cliff-hanger/multiple and incomplete story threads), completion templates in the brain. People like riddles. **People would rather be hypnotised than face up to the challenges of reality in a healthy fashion.**

Grimly, a recent study has shown that the ‘average American’ zombies-out for more than 5 hours of TV addiction daily. Sitting on your lard ass all day raises your risk of disability in old age: fact. Now I wonder why the baseline brain state of most people is now alpha? A toughie that one. Knowing what you have learnt, does it bother you? I will deal with ‘addiction’ thoroughly in my next book, ‘Hypnotically deprogramming addiction’.

A nation of inzombiacs? TV and children's sleep patterns.

A study by researchers working for Massachusetts General Hospital for Children (MGHC) and Harvard School of Public Health (HSPH) showed that for children between 6 months and 8 years TV watching, especially in the bedroom decreased sleep by seven minutes per hour the TV was watched. On average this led to about half an hour less sleep per night. Disadvantaged children and children descended from non-northern European backgrounds suffered most. This data was later published in paediatrics magazine May 2013.

How fiction reading affects the brain.

In ‘Forbidden hypnotic secrets’ I revealed how reading fiction affected the brain to a certain degree. I now have more juicy tit-bits to divulge! ‘Brain scans’ are revealing the affect upon the brain when reading a...

- **Detailed description.**
- **‘Evocative’ metaphors.**
- **‘Emotional exchanges’ between characters.**

If you have read my other books you'll know this is basically hypnosis. We now know that they 'stimulate' that ugly blob in your head and change how we act in real life.

The findings exactly?

- Words describing motion also stimulate regions of the brain distinct from language-processing areas. This involved our old hypnotic friend the motor cortex (coordinates body movements); activity was focused in one section of the motor cortex depending on which muscle group was being described. As was revealed in the NS section: at an unconscious level the brain cannot fully distinguish between reading about an experience and actually experiencing it in real life when we are in any kind of hypnotic trance; identical neurological regions are stimulated!
- NOTE: reading alone elicits a hologram - a vivid simulation of reality. It literally 'runs on mind' as computer simulations run on computers! Rich detail, creative and imagination evoking metaphors, vivid descriptions of character and action elicit a rich internal replica: a hypnotically induced fantasy world. In fact a book's influence goes much further when we give it any serious thought. **Fiction books allow or elicit 'experiences' unavailable off the page. We can also fully identify (become one/merge – deep trance identification) with a character – experiencing their thoughts, feelings and perceptions. If we are unwary or even if we are – this can programme us and our instinctive templates.**
- The novel is therefore a peerless media (technology) for the exploration of others' socio-emotive life.
- The brain responds to writer's descriptions of smells (primary olfactory cortex lights up), textures etc. as if they were the real thing. Words like - 'Lavender', 'Soap', 'Cinnamon' arouse responses in the language-processing areas of our brains (Broca's area/ Wernicke's area: see diagram 21) and the smelly section...so to speak. It is the Rogue Hypnotist's experience that women respond much more highly

and intensely than men to such psycho-physiological language even in the 'waking' state.

- Note: The brain responds to fictional characters relationships as if something like a real life social interaction had indeed occurred.
- On the plus side there is evidence that people who read more fiction are more perceptive and have a stronger 'theory of mind' than those who do not. On the negative, having been exposed to so many points of view they may have trouble forming their own!!! Their own native templates will have been altered through virtual reality hypnotic exposure: or as we like to call it 'reading novels'. However it is my opinion that you are better off reading the great novels, those we call the 'Classics' than the pap and tripe that is churned out by characterless, politically correct mediocrities by the wasted paper load in the pulp fiction posing as 'literature' today. Great literature reveals timeless truths.
- Computer simulations are used to teach flying and weather forecasts (apparently!). Fiction, similarly, can help us understand and so better navigate the complexities of social life or programme us to respond in predetermined ways. This is why you need to know who is publishing a book and what their aims, agenda, and biases in doing so are. We take these things (others' good intentions) for granted: this book, I hope, proves we shouldn't!!!
- Finally the brain processes the information we call 'metaphors' (instant synaesthesia packages) for touch (kinaesthetic sense) through the sensory cortex the region which 'encodes' textures etc. Words like - 'Velvet voice' and 'Leathery hands' stimulated the sensory cortex (see diagram 22) in a 2006 study – interestingly, mundane and no sensory phrases such as, 'Pleasant voice', 'Strong hands' produced no response in the sensory cortex.

Diagram 21: How 'smelling words' affect the brain.

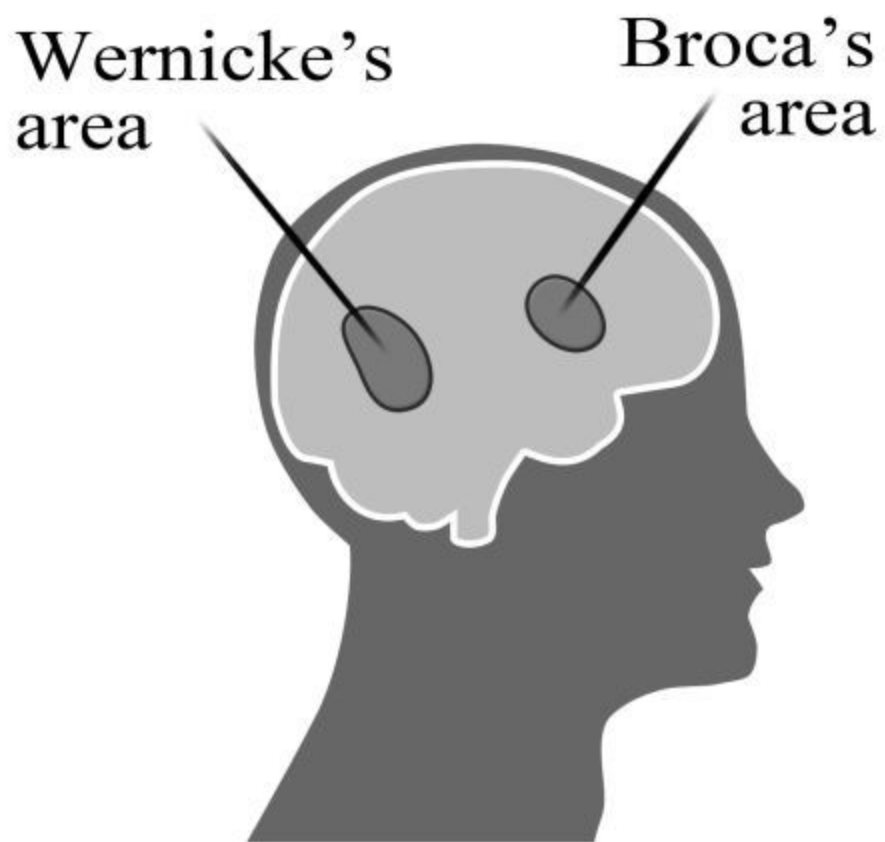


Diagram 22: How 'feeling words' affect the brain.

Sensory
cortex



By the way if you read my books you'll become a better fiction writer.

How 'second screening' multitasking shrinks the ACC!!!!

Synchronicity is a weird thing! As I was writing this book some alarming new evidence has come to light. According to a new study reported by the UK newspaper, the Daily Telegraph on Friday 26 September 2014...

"Second screening' may alter the brain and trigger emotional problems'.

Watching TV and surfing the Net/social media etc. at the same time may well be physiologically altering the human brain. Alarming! nearly two thirds of UK teenagers use a second screen while watching TV!!! What

brain altering effects does this weird trend in ‘multitasking’ cause? Actual brain damage and/or the triggering of depression and emotional problems. I mean just look around you folks, it all makes perfect sense.

Researchers at the University of Sussex found the brain region we know and love - the anterior cingulate cortex (ACC) was smaller in people who used the most electronic devices simultaneously.

The ACC again regulates emotions, well-being, is involved in decision making, reasoning, impulse control, socialising abilities, empathy etc., etc.

The way humans are interacting with certain devices seems to be dangerously and radically altering the architectonics of the brain structure itself – including information processes such as thinking. Scientists have known for some time, as I have already said, that **the brain is altered by prolonged exposure to new environments and experiences.**

Multitasking junkies (and I have seen these halfwits on train journeys watching films on handheld devices and playing games on their phones etc. in one go) have smaller grey matter density in the ACC – the ACC shrinks!!! The exact mechanisms of this ‘adaptation’ are not yet fully known. These new brain mouldings at least induce poor attention in the face of distractions and various emotional problems.

You have been warned! Get an f-ing life people! This is linked to a further topic thread I will open up - the serious threat to human mental health from so-called ‘transhumanism’. By the way, what do news programmes have behind the newsreaders? Often, one or more screens within screens and info scrolling along the bottom. Makes ya think!

This leads me to...

The effect of trauma on the ACC.

A study on ‘**Decreased Anterior Cingulate Volume in Combat-Related PTSD**’ by **Steven H. Woodward**, **Danny G. Kaloupek**, **Chris C. Streeter**, **Christelle Martinez**, **Marie Schaer**, **Stephan Eliez** and Published Online: September 14, 2005 in *Biological Psychiatry* Volume 59, Issue 7 found the following:

Various neuroanatomical data pointed to a functional relationships between the anterior cingulate cortex (ACC) and subcortical centres regulating fear, in particular, the amygdala. Functional brain imaging revealed patterns of ACC activation in persons with Post Traumatic Stress Disorder (PTSD) that differed from normal ACC function. In addition, 2 structural imaging studies found evidence of **smaller ACC volume in PTSD sufferers!!!** The researchers explored associations between PTSD and ACC volume in a relatively large sample of adult combat veterans in which PTSD, lifetime alcohol abuse/dependence, and Vietnam versus Gulf War service were factors.

The US military combat veterans were recruited from two metropolitan areas served by allied Department of Veterans Affairs PTSD treatment/research centres. The anterior cingulate cortex volume was analysed with and without adjustment for body size.

Post Traumatic Stress Disorder is associated with smaller anterior cingulate cortex volume. Note: this effect persisted in subjects without histories of alcoholism, did not interact with ‘cohort effects’ (shared life experience), and was not modified by adjustment for body size.

Anterior cingulate cortex volume is substantially smaller in association with combat-related PTSD, a finding broadly consistent with ‘**cingulate hypofunctionality**’ (this means it is underperforming) in that ‘disorder’ (natural reaction to abnormal circumstances). This ACC disfunction is known as ‘blunting’, it disinhibits the locus coeruleus (see diagram 14). The locus coeruleus (also spelled locus caeruleus or locus ceruleus) is a nucleus in the pons (part of the brainstem) involved with physiological responses to stress and panic, arousal and sleep-wake cycle, attention and memory, behavioural flexibility, behavioural inhibition and stress, cognitive control, emotions, posture and balance - and ‘neuroplasticity’ (NP). **NP = changes in neural pathways and synapses due to changes in behaviour, environment, neural processes, thinking, emotions; as well as changes resulting from bodily injury. Environmental changes can alter behaviour and cognition by modifying connections between existing neurons. Experience can actually change both the brain's physical structure (anatomy) and functional organization (physiology) – rupture**

and regrowth; not necessarily for the better! Neuroscientists are sure that the brain can, and does indeed change in response to ‘unsuspected stimuli’ (some of which are covered in this book). In other words the fear mechanism is not under central control – it’s gone wild!

Trauma caused by war, cults, techno stress, information stress, globalisation etc. damages the brain physically. Are you seeing what I am trying to get at here? ***If you can damage the ACC, you have a basket case population who are more pliable and programmable.***

Fear conditioning.

When we are traumatically stressed, the locus coeruleus (LC) floods the ACC with adrenaline etc. (the adrenergic response). The ACC inhibits the amygdala fear response unless it is overwhelmed with a huge surge of adrenaline; when this occurs, it cannot function properly. The exaggerated emotional and behavioural responses of PTSD are as a result of the ‘unguarded’ amygdala, which is now free to direct exposure/onslaughts of internal and external trauma cues. Once the LC and the amygdala go ga-ga, the ACC is further undermined.

The ACC is involved in:

- Emotionality.
- Selective inhibition.
- Social functions: parenting, emotional attachments, the generation of a ‘concept of self’ in relation to society.

ACC impairment/inhibition is responsible for the problems PTSD sufferers have in forming essential human bonds leading to avoidance, isolation and depression. It also cause the **fragmentation of the sense of self** that epitomises the dissociative ‘zombie’ found in war zones, cults and much of wider society.

Freezing, numbing, confusion and conscious mind cognitive impairment responses are caused by endorphin surges – further dissociation in the face of threats is linked to the endorphin reward system. This can lead to ‘trauma re-enactment’ when people almost compulsively seek out further similar

stimulus to the original trauma. In so doing they are unconsciously seeking to...

- **Understand the experience.**
- **Gain mastery of the experience.**
- **Futilely attempting to ‘purge’ a host of unpleasant feelings – shame etc.** (Herein lies the key to treating it – see book 9, coming soon.)
- **Distraction/mood management with a stimulating but less threatening type of similar but ‘controlled’ trauma.**

Basically, it is a doomed bid to ‘get it right’ this time and so escape the trauma trap. The intent as always is positive. Veterans seek post-conflict roles where high risk is involved; abused children etc. seek out abusers in later life – a sexual abuse victim is 68% more likely to be abused again. Trauma can also be addictive. This is how ‘trauma bonding’ (attempting to bond with the abuser to prevent further abuse) occurs with abusers – various pleasure chemicals are released to anesthetise the extreme fear and shock: it is familiar and makes one ‘feel alive’. This is why cults, drugs and a whole host of other abusive relationships are so hard to escape.

How ALL media technologies alter normal information processing.

In his now prophetic work ‘**Understanding Media**’, **Marshall McLuhan** coined the phrase: ‘The medium is the message.’ What this essentially meant is that it wasn’t the medium’s content that changed man (he was wrong it does) but the actual media itself which changed man. All media is an extension of the human senses. **All media alters the natural ratio between the senses, skewing them toward visual predominance habitually.** McLuhan had a precise model of hypnosis and saw the cultural hypnosis presupposed by any media, by its mere existence.

McLuhan’s ‘hot and cold’ media model.

Hot media: No not porn your pervert! A hot medium is one that amplifies one sense in ‘high definition’ (HD). HD meaning a state filled with data.

Photography is a high definition media. It emphasises only the visual sense *in detail*. In this way it is hypnotic – it focuses and singles out/dissociates one sensory modality. This creates waking trance – external focused attention/absorption in which the viewer is left with little to add to or fill in. Overall. Radio is hot because so much is supplied by the broadcaster. The alphabet is hot because it is abstractly intense. Trauma and shock are high definition experiences which must be cooled so as to be processed as just information. Otherwise overload occurs. Our nervous systems have ‘cooling mechanisms’ to prevent overheating in normal situations. **When rapid change occurs, especially with regard to technological advances, people can go into somnambulistic states just to cope!** Hot media can destroy indigenous cultures, especially if it is repetitive, mechanical and identical. A city is a hot environment. The Waltz and fast Jazz are hot. Film is predominantly a visually bombarding spectacle – it has more noise than speech.

Cold media: This is any media that gives proportionally little data or info in one modality. The telephone and speech are ‘cold’ as much info is left out. Paradoxically this is also hypnotic as we try to fill in the gaps of ambiguity! Cartoons are low definition too as they use a minimum of line to express visual info. It would seem cold media are more natural, less invasive and encourage more holistic thinking, sensory and perception styles. Hot technology bitch slaps this form of informational processing. TV being both auditory and visual is a cool media. It also ‘cools’ people down by hypnotising them: native dynamism is converted into the spectacle of apathy. A village is a healthily cool environment. A village barn dance is ‘cool’.

Anthropologist Margaret Mead suggested that by altering media exposure within a given society you could programme-in differing ‘emotional temperatures’ within a nation at will. Increased TV exposure = less time to read etc. TV could be used to mollify stretched nerves, a radio broadcast to inflame! She inferred that people who listen to radio less would soon develop shorter attention spans for reading. Possibly because both require visualisation? **Cool cultures are destroyed by too much heat.** As an example, when hammers were deliberately given by European

‘missionaries’ to Australian aboriginal women and children, the men felt emasculated and sank into the torpor of alcoholism: their traditional role was destroyed in one ‘advance’. If you want to destroy a culture, use technology to turn genders and generations against one another.

Fashioning minds: clothes as an extension of skin.

Clothes save us energy. They are energy saving devices: we eat 40% less food than primitive cultures because of them. We use clothes to visually suggest to others who we are – to sum up the totality of ‘self’, aspirations, current social status, taste, level of conformity etc. Clothes are also tactile – their feel to us and the desire of others to feel us because of our clothes is little thought about. What is a bikini on a beautiful woman if not a tantalising invitation to touch? Of course you can’t – you may only look unless invited. Post-war American clothing was predominantly visually orientated until the so-called ‘counter-culture’ (there was nothing anti-establishment about ‘hippies’ as you will soon learn!) changed this. By that stage, via American films etc., Europeans had adopted the solely visual aesthetic of American clothes. If that isn’t cultural hypnosis I don’t know what the hell is!!!!?

Hypnotic houses?

Like clothes all forms of housing are utilitarian heat maintenance systems. But they are more: they express how much money we have, our sense of taste, they apportion territorial rights, they give us privacy or not. Mirrors can increase self-awareness, optimism and the ability to learn more successful. Artificial lighting (the light-bulb was a revolutionary act) put an end to night-time and darkness impeding work or relaxation. Lighting gives a sense of security and safety. It can change the look of buildings when shone upon them and turn urban drudgery into midnight art.

Primitive houses are circular or based on triangular support engineering considerations. A modern house is wholly artificial because it is based on squares and straight lines. Nature is straightened out, taught who is boss. Square houses are linked to specialisation in labour. The primitive’s concern with universal totalities and connections to nature is replaced by a narrow focus (hypnotic) on precise detail – this is behind the rise of Western

industrial and economic dynamism. **Our housing shapes our very psychology and feelings, relation to world and self.** The modern house and suburban straight-lined street dissociates us from nature. In fact a garden that is managed, pruned etc. is a sign of man's 'mastery' over nature: such habits go back at least as far as the Romans. What does your external house and its internal layout and objects suggest about you? How do they affect you and others? Home sweet home: they may be hellish prisons or places of deep joy - maybe both.

All styles of architecture affect human happiness, psychological stability, suggestibility and wellbeing. A Christian church is a carefully crafted suggestion inducing machine! One of my goals in writing this book was to help people stop taking everything for granted, to stop them unconsciously assuming this and that. Your unconscious, depending on the environment you are in, is being bombarded with information that shapes it, its perceptions and your hologram of normality. If you stop taking so much for granted you will be cultural hypnosis proof. Good idea?

The hypnotic power of money.

Money can be anything agreed upon by a community to represent 'value'. It is an energy releaser extraordinaire: like the alphabet – it detribalises man, dissociates him from multiple roles and makes him a 'specialist'. If left on a desert island, it has zero survival value – in a civilised society, man and woman now must chase it or die. **Money hypnotises us into selling ourselves.** Money stores time potential and how that time is spent in more ways than one. Like language it stores up vast hordes of past human labour, products artefacts and experience. It makes people interdependent by its mere existence. As specialists we must pay other specialists to get things done or experience them. Money again stresses the visual function. It presupposes repetition and uniformity by its nature. Ideas may be given 'currency' or have 'little value'. It would have no use if we were not programmed with numbers. Prices, which are visual again, allow us or force us to translate wishes and desires into a measurable mode.

There is no work (as opposed to survival acts – hunting etc.) without money; labour divisions which separate man from the total experience of

primitive existence force him into a work place. With bankers' designs for a totally cashless society beyond even the credit card, money will cease to be a thing, an energetic bridge and will become another example of a mere information process amongst many. This information exchange can be almost instant both ways. Money defines who we will interrelate with, what we focus on and what we do or don't; its lack or fear thereof unconsciously lurks as a terror and tantalisingly motivates like a whip. Would there be the hypnotic compulsion of greed without it?

Thing for thing = barter.

Thing for abstract value = money.

Money is neuro-linguistically linked to a person's and nation's very sense of self and worth as I have pointed out in my third book. We judge people by how much we think they are 'worth' in monetary terms. This is an entirely abnormal state of affairs.

The hypnotic clock: 'I see crowds of people, walking round in a ring'.

'Unreal city.

Under the brown fog of a winter dawn,

A crowd flowed over London Bridge, so many,

I had not thought death had undone so many.

Sighs, short and infrequent, were exhaled,

And each man fixed his eyes before his feet.'

T.S Elliot. The Wasteland.

Clocks have entirely and artificially remoulded our time sense. They have created the modern sense of 'duration', 'time pressure', 'visual time', 'time frustration'. These artificialities are entirely unknown outside of clocked-in societies. Time had no linear structure amongst the Hopi Indians of America. Clocks were worn by primitive cultures that came into contact with Western man as status symbols not measuring devices. Sleeping,

eating, waking and breathing, resting and entertaining are now not merely experienced but measured! Clock time helped monasteries order their order. Activities are placed into arbitrary discreet units. **Time sense is dissociated from nature and visualised as having a visual-spatial sense, which it inherently doesn't have.** Again the visual takes over from the other senses. NLP timelines are merely the symbols of programmed end results of a process of manufactured time that is installed in us as soon as we ask, 'What dat?' as children when we point to a clock. Has this incessant artificiality 'damaged' us? Our natural neurology and perceptions? Undoubtedly yes. How? Hard to say.

Time programming made the factory line possible. As the alphabet robbed man of his linguistic heritage and native 'hieroglyphs' it also reduced his language to a compact and translatable visual formulae. Time measurement mechanises time, reduces it to visual/spatial packages that we sell. The clock is a prompt to action. 'I'm late! I'm late! For a very important date! No time to say hello! Goodbye! I'm late! I'm late! I'm late!'

And you think that's all quite normal do you?

Smell and self in time.

The most removed, eradicated sense in the modern world is smell: yet research carried out in the 1960's proved that it was intrinsically linked to our sense of personality. **Memories are triggered by nothing so powerfully as smells** (hint to hypnotists there!). Our sense of smell seems to encompass all the other senses as no other. Smell is influenced by vision, taste and, new research shows, our skin!

When I just hear the words, 'Hubba Bubba,' I am sent back to school days, going back to a local sweetshop (candy store) and buying the pink joy of Hubba Bubba bubblegum as a boy. I can remember the blue, white, orange and pink twisted rapper. The powder that covered the circular delight! That whiff of Hubba Bubba! Mmmmm!

When I worked for the British Home Office after leaving school at 18, within a few years I was in a department fingerprinting Political Asylum seekers etc. God how they stank!!! You would not believe the smell: yet in

many ways it is more natural – in the West we scrub away our smells a.s.a.p! But our smell (BO) is as much of who we are as our fingerprints. This should be in no way taken as a suggestion to avoid washing. Personally I prefer cleanliness. The point is our smell-o-sphere is dissociated from us at an early age. Would our sense of smell be stronger if it were not? Paleontological studies carried out over 100 years ago confirmed that Cro-Magnon man was bigger than us, had a stronger, bigger nose and greater sense of smell. Are we progressively devolving?!

'Time falls wanking to the floor!'

Modern technology has automatized time and man: made massive accumulations of people and capital possible and inevitable. Visual time programming takes man the individual and makes him part of 'collective time'. It is an early stage in transhumanism. From the Renaissance on with its worship of 'science' instead of 'God', man became time obsessed and controlled. Not only that but clocks changed the privacy of his inner space and became visualised and spatial. Clocks visual dominance transformed into visualised days, hours and segments filled with 'activities': 'My day is **full**'; 'I have a **gap** here.' In the technetronic era we live in, time and space are compressed - I can sell an electronic information book in America in an instant, though I live in England. We can 'time travel' from 21st century Washington D.C. to Egypt's pyramids in a number of hours not longer than half a day. Time is no longer natural, seasonal, subjectively generated or private: it is collectivised, visualised, turned into a high level linguistic abstraction, a machine generated (mechanical) collective reality and sold to us when our P100 signal is tailored in childhood to visual tendencies and symbols. Does this artificial visual predominance keep us childlike? Being 'in' visual collective time dissociates us from real time. Eyes are cool and detached; the all-powerful ear is all-encompassing and hypersensitive.

Interestingly primitive people and moderns believe they can control time, usurp creation and its working: one with sacred-ritual, another with sacred-science. Both are deluded. Time's mortality can only be evaded through symbols in book and digital information: word-pictures-symbols etc.

Guttenberg's literary explosion and fantasy confusion.

Mechanical words. With the invention of the printing press fiction could reach the masses. Instead of having just reality, folksongs and tales, the Bible to draw models for living from – all of a sudden a fiction author had a hypnotic power to influence. **Like hypnosis, the relationship was one on one and activated the visual cortex through visualisation etc. Authors could offer new meanings and behavioural suggestions for living.** This change was more revolutionary than most people half-suspect. It began a tectonic shift in sources of authority. The fantasy of the page could be confused by the unsuspecting as a ‘better’ way of living in this real world. TV and cinema have only intensified this visually suggestive trend. We haven’t got rid of priest hypnotists we’ve just got new hypnotists. Why are a few people obsessed, one way or another, with influencing us hypnotically? The mind boggles!

Printing pictorial statements.

Precise and repeatable words, maps, blueprints and pictures convey information. That information may not even be real; in the sense that it represents nothing that actually exists. Printed information can be passed on as long as the medium conveying it doesn’t decay. All printed information is stored and relatively brief making it easily and quickly decoded and transferrable. Words are inadequate to describe objects in detail – so we name them and begin the process of hypnotic abstractions: comics and TV being low-def info do the same - we are forced to fill in the gaps; we are hypnotised. Geographical maps are brief sketches which convey very little info about real territories; they too are abstractions and codes. Maps were kept secret and cost a lot of money to get hold of in the so-called ‘Age of Discovery’ (actually just rediscovery) and ‘Columbus’. Again: **important and accurate maps are kept secret.** Geddit?

Printing allows modern man to play with space and time hypnotically as did James Joyce and Lewis Carroll – linear time can be word-turned into a surreal hypnotic time. Visually it can be changed with Dali-like surrealism which appeals to and is an expression of unconscious dreams.

Print: fragmentation and re-integration.

A tribe cannot hide from a mass produced book. **The power of the West and its media is its ability to standardise and homogenise that which was once unique, if primitive.** Books destroyed the oral traditions of Catholic scholasticism. Withheld information is no longer imprisoned by word of mouth. This presents opportunities and dangers or dangerous opportunities! 'Nationalism' in the modern sense of the word, would have been impossible without books to target the individual; yes, but only to make him conform to the mass - from the top down tyranny of ideas supplied by acceptable 'authors' of opinion and hence action. The same is also true of 'internationalism'.

The pseudo-intellectual reveals himself as such, as well as a coward, by merely parroting the ideas of others who have 'authority' hoping that some of it will rub off on him and that he will be able to paint a face of 'genius' amongst those who can be bothered to listen. Diffusion of written matter also changes humour itself and the native slang, colloquialisms and various folk sayings that add charm and local identity to a person. The 'educated' are more interested in 'rusticity' in cooking styles than people. A prejudice against most accents is a prejudice against individuality.

Comics: the realist who makes us laugh.

Comics were really an invention of the pre-war (WW2) years and really an American device. They, like TV, demand a big input from the reader in completing so much of what is left out: they are simple. They used to offer a simple, old-fashioned gentle humour in a former age where we sought to realise our individualised visualisations of the kind of life we wanted to read, I mean lead. That was before corporations and the looney-left cults sucked us into their collectivist fantasies. Or nightmares. The old style American humourist who conveyed his gentle wisdom in say a 'Charlie Brown' was humorous because he was a cynical realist about human nature. As we live in an age of hypocrisy, denial and pathologically acceptable 'thought' patterns such wit is all the more powerful: laughing becomes a revolutionary act. The humourist allows us a fraction of honesty in the conscious realisation of what the unconscious knew, or the conscious mind was too scared to say.

Then comics became surreal around the mid to late 1960's. Now they are merely politically correct delivery devices; including the ones that flirt with porn imagery. They are similar to a film storyboard in being predominantly visual if simplified and really a form of modern woodcut. But they are also like children's books for adults with simple dialogue etc. They are private affairs like the book or radio show and best listened to/read alone. The watcher, reader *becomes absorbed* in the fantasy of superpowers offered, a nice masturbatorial escape from his economic impotence and inability to get a date.

Comics are good ways to embed themes of transhumanism without being noticed as such. Spider-man is a GMO human who has been 'perfected', made 'super', 'bettered': he is more than 'mere' human. An arachnid-man-god-hero-nerd. Ditto Inspector gadget and Ben 10.

In the 1930's boys' comics in the US started becoming more graphically violent; were they psychologically preparing boys to fight the upcoming war?? It is interesting that in highly predictive '**Fahrenheit 451**' (the temperature at which books combust) by **Ray Bradbury** the proles do not read books by order of the state but comic books are allowed. We don't strictly have this, no, but the major films are often about comic strip heroes and marketed to adults, 'kidults', or whatever the f*ck they are!

Pictures of YOU.

Photography has an amazing power to hypnotise, to alter perceptions and values. A photo is a snapshot of time, yet photography has sped up time and shrunk the world (in the mind only) so that great distance can be held in your hand. **Modern children learn to view pictures as they do written words: children from primitive cultures do not know 'how' to look at them correctly. They change our vision. Devoid of context inherently and so a given 'context' may be added to them: this makes their 'meanings' malleable.** The media knows this and uses them to create a context that suits their paymaster's: agenda. When we view a photo in the press, we are not viewing reality but the 'reel' world; an artificial construct, a Looking Glass fiction that doesn't exist externally. Photography makes modern fashion possible, makes us worry about our appearance and

compare it to ‘others’, it makes us more self-conscious. It hypnotises us with images of celebrities that are so touched up with Photoshop tweaks as to entirely disguise the ‘reel’ person being sold to you as a product. Photography captures genuine moments and creates hypnotic illusions that may move men to ‘war’.

Recently the BBC had been caught red-handed using photos from one context, e.g. - *‘BBC News uses ‘Iraq photo to illustrate Syrian massacre’.* *The BBC is facing criticism after it accidentally used a picture taken in Iraq in 2003 to illustrate the senseless massacre of children in Syria – Daily Telegraph, 27th May 2012...*, *‘Red faces at the BBC after reporter tweets ‘...heartbreaking photo of child hurt by Israeli rocket...’ which is actually a girl in Syria’ – Daily Mail 22nd September 2014’...* *‘BBC crisis over ‘fake’ sweatshop scene in Primark documentary, ‘22nd September 2014’.* The establishment ‘left’ like to falsify evidence; they’ve got ‘form’ - they do it a lot - and then claim that photo x represents meaning y so as to better suit their pro globalist agenda. Did you know that the media wing of the Royal Institute of International affairs was a revealed by historian Arnold Toynbee as the BBC? The ‘Puritan’ scot Lord Reith who helped create ‘Auntie Beeb’ (the nickname for the BBC) was recently exposed as a creature with a puritan desire for young boys and girls as young as 13. Show folk, what can you do?!!! Speaking of...

The prostitutes.

Whereas a book is a form of ‘personal confession’ a newspaper is a blend of ‘group confessionals’. They sell ‘corporate images’ of how the world SHOULD be viewed and interpreted. **The press claims that it reveals a given ‘network’ of people’s communal reality; in fact it shapes it.** The news is almost always bad news, this attracts the public’s attention: it’s intensity makes it a ‘hot’ medium – this bad news is emulated as was shown in 1962 when a Minneapolis police chief commented positively on not having any newspapers for several months: the crime rate had collapsed! *Note: newspapers disseminate ideas on how people should behave.*

The invention of the typewriter by James Clephane made the newspaper possible. **All social change can be traced to technological change.**

The harlot's prerogative: the presses' power to hound someone to death.

One of the powers the press has taken upon itself is the power to hound someone to death. This has been proven recently with the suicide of an admittedly deeply unpleasant woman who had been identified as a 'troll'. A certain Brenda Leyland, 63, was confronted by a Sky News journalist outside her home because she believed that the parents of missing Madeline McGann were involved in her disappearance. Within 3 days of being 'outed' by Sky News, she was found dead in a Marriot Hotel room.

Vile as what this woman did and said was, and so lacking in any evidence: does the press have the right to start witch hunts as some sort of fake bastion of human morality (the sheer hypocrisy alone makes you sick!)? Using their cultural hypnotic powers, the TV viewing mob can be riled up to any state of hysteria as and when the presstitutes see fit. Is that just? Does someone deserve to die for being an asshole? And who gives the press this assumed power of life or death? You do: you have been culturally hypnotised to accept it.

Equitone.

In order to write a newspaper, well dubbed 'rags', you must maintain uniformity of emotional tone and attitude throughout an article. Rags originally mimicked the abbreviated style of telegraph machine communications. This is where the headline style derives from. Rags are in the business of making people process information in a way desired by the journalist etc. It is only advertising that keeps the rags going, primarily the classified ads, if they go, so too does the rag. All the information they provide can be found elsewhere in the electronic info age in which we live.

The press is really a way for 'advertisers' to get at readers. There are political advertisers too ya know!

Selling news.

The bad news stories grab the attention, the good news stories are called commercials/advertising; these get you when you've been fascinated into a

mild trauma trance with all the murders etc. that you consume on a daily basis. **The news sells ongoing disasters that penetrate into the mind's survival drive; then politicians sell solutions to the disasters which merely create the disasters of the future.**

Because of its form and style rags are not detached, straight observers but involve themselves in a fully participatory way in the process of living. The press and its cohorts of presstitutes who staff it assume a supra legal and unaccountable right to delve into areas of life which only intelligence agencies would normally be privy to – the media machine does so in ways that serve its corporate master's interests and nothing more. A free press cannot be defined by the freedom of rich families to own an unaccountable private intelligence staff/network called 'journalists'. A truly free press is so vital to the survival of a democracy – please let me know when we get one!

The psycho-sociological appeal of the press.

Humans derive pleasure from talking about experiences so as to integrate them into their very minds and bodies. The press offers the illusion of providing an opportunity for people to do likewise through its stories: what actually occurs is that fake or twisted stories are integrated psycho-physiologically, damaging people's ability to view reality as it is – in other words they install inaccurate holograms.

Making news.

Anyone who believes on faith that the press is involved in detached 'news collection' as a form of 'public service' is worse than an idiot, they are dangerous to themselves and others. One of the rags assumed 'right of press' tasks was to 'correct rumours' and 'oral reports', as though just by being a presstitute, a form of benign and superior capacity for moral and intellectual judgement had been taken on by a hack, giving him or her almost priest-like powers of authority. The press actually –

- **Locates stories. (The 'newsworthy': according to whom?)**
- **Interpret stories.**
- **Fabricates stories.**

- Chose which stories are to be focused on and which are to be ignored.

These shape the reader's sense of reality. The press, through its machinations, causes events to happen. It shapes and reveals group attitudes, 'awareness' and consensus; it defines and limits debate.

The press hypnotises the attention through a slew of various 'human interest' and base maudlin sentimentality stories – something in that mess will appeal to someone. By playing its assumed role, the press co-opts the natural 'grapevine' and creates a fake network of persons linked through similar exposures and interpretations of 'reality' – this engenders fake tribal unity and a faux 'culture'; an artificial oral 'community'. Communist nations knew full well that the press was and is the key weapon in ideological, psychological warfare. In fact the press rapes, smashes and destroys true tribal loyalty, and local tribal patterns of true culture. Like the Borg in Star Trek it assimilates that which it deems 'worthy' of assimilation and chews up and spits out the rest as human remains. The press, like all modern media, inherently assumes – repeatability, uniformity, standardisation.

Notoriety of any kind focuses the mind of the press and its ghoulishly addicted public. This is why celebs of various kinds are perfect fodder, not because they have done anything notorious (well many have in private but that's another matter) but because they have appeared in fictitious representations of notoriety in all the media that 'drama' can be injected through. Here begins the blending of fiction and reality in the public eye: most have trouble distinguishing between the two.

The mish-mash layout of a rag is most strikingly similar to the chaotic breakup of form that you see in surreal or symbolic early 20th century 'modern art'. Both savagely nihilist and anti-Western. It is the form as much as the content that manipulates. Only the shadowy owner of a given rag may skulk in relative anonymity and supra-press exposure cloister, far above the human filth below him which he deigns to judge. If you want to avoid the press...

- Do not assume a right of influence that it solely has through its money given right to influence any large body or collective of humanity. After all, 'Who are YOU!' as the caterpillar said to Alice.

If you shut up and stay quiet, they generally leave you alone. Good dog.

Car symbolism hypnotises men and women.

Cars symbolically represent violent, noisy, aggressive, domineering and powerfully penetrative penises. It gives the urban driver the protection from strangers of a mounted medieval knight. The person in the car has the power to potentially kill, show off how wealthy he is, attract attention etc. Men are addicted to technology because it gives him the illusion of having some power over his fate, no matter how powerless he unconsciously feels. Cars also shorten time and space. They permit global standardisations of culture through diffusion: cars penetrate borders and so the 'other's' minds. Cars are hot media. This is the secret of why women are sexually attracted to men with cars. Cars hypnotise people with unrealisable fantasies. They generate myths that people are all too willing to believe in of 'status' and 'role'. Teenage boys take note: want a girlfriend? Don't study how to seduce women with hypnosis - get a nice car and then ignore a woman into finding you attractive.

Modern women depressingly in many instances 'fall in love' with illusions; which is why the divorce rate is so high. Men fall in love with a woman's body and face only to discover her mind when the physical has faded ain't so pretty. 50% divorce rates folks!

The car also broke up family life as domesticity could be driven away from, for one reason or another. Cars are a kind of gypsy-esque 'mobile home' yet they destroy safe environments for children. Cars hypnotise men to cover nature's beauty with lunar surfaces called concrete roads. Resembling Kafka's beetle, the car increases man's transformation from social 'ape' to 'insectoidal' drone in a globally socialised insect colony.

Buying dreams: commercials.

Commercials are in principle no different from brainwashing procedures used in cults: the key is repetition and a simple, sellable symbol which

when attended to again and again overwhelm the subconscious and programme it. Total advertising seeks to control every impulse, wish, endeavour and act of human behaviour. Ads are hypnotic spells which deliver subliminal pills. They appeal to our feelings through billion dollar research funds and the testing of how we tick. The ad brainwashers know us better than we do ourselves. The fact that they are legal shows how already hypnotised most people are! **'Democracy' is not based on political concerns but on worries about the ability to buy competing brands.** This artificial worry must be created. The inhabitants of Post-Western democracies falsely believe themselves to be highly aware and individualistic when in fact their daily artificial homogeneity suggests quite the opposite. **Nonsense and the surreal bypass conscious resistance and go straight to the subconscious.**

Even the choice of actors and their arrangement in an ad-picture are a science of strobonic instant information and characters. Ads use icons (eye-cons): ads are totalitarian; there aren't multiple ways but only one way or the high way. Copy (the writing) is made amusing to distract consciousness enough for the hypnotised viewer to receive the instant eye-con and its set of assumed, unconscious associations. You can't debate with a picture and this is why 'intellectuals' are so useless at explaining why ads are so insidious, because trained in conscious-mind linguistics they fail to see the latent message in the picture. In fact this book might make want lots of people go and check out ads more! *Ads offer an image of impossible perfection of the merely banal!*

The hypnotic power of games.

In work life we can only experience and reveal that part of ourselves we label our 'role' or more accurately 'work alter'. In games we can play, find the light-heartedness of sanity and be our full self. There is often (when not rigged) genuine uncertainty in games which leads to a joyful spontaneity that is native to us. Sports were originally socio-religious rites, now they are ways to relax and unwind or feel tension and excitement, loss and grief without any real risk. The work place is either a benign or unpleasant yet predictably rigged tyranny: games give us the temporary sense of freedom to win or lose on our own merits. They help us adapt to and cope with the

world we live in. Darkly games are also used by cults to create infantile states of mind and a hypnotic state of the surreal and nonsensical.

Civilisation needs games as safety valves.

Games exert a hypnotic pull on people by offering 'experiences': the zone (if a participant), complex structural patterns, an opportunity to experience art, a sense of 'tribal' cohesion and challenge.

In the serious game of art, the people we call 'artists' are really those who typically can see the game that is being played now and imagine where it is going: so we call them 'ahead of their time'. They discover what is happening and try to tell everyone else. Non-artists do not have this 'visionary' quality and only look backward to understand the present. Varying states of waking hypnosis are involved in all human creativity. Play is essential for self-confidence. Play can be taken too seriously especially when those profound trance inducers money or 'national pride' is involved.

Sending hypnotic messages.

People like and need to communicate. Since the invention of the telegraph machine which facilitated the capture of the wife murderer Crippen, the human nervous system has been effectively externalised in many ways. Vast systems of information are coordinated, interrelated and almost instantaneous. The other side of the world can, at least in the form of a snippet or representation, become known to anyone with access to the right technology. One of the greatest threats to the pro-establishment cultural hypnotists is the Internet. We now know, due to the NSA whistle-blower Snowden, that the 'conspiracy theorists' were right and incredibly we are all being spied on!! For our own protection of course...and if you believe that! But the truly liberating thing about the Internet is - the vast hordes of information that we would otherwise have been denied access to without traipsing around hundreds of libraries globally. The Internet has, for the first time in history made information democratic!

The Internet has dissolved the pyramid of authority structures permanently and there is no going back: the genie is out. We may be monitored but we can do monitoring of our own. You can literally become your own

journalist, filmmaker, artist, writer (like me on Amazon), musician, songwriter etc. and sell your wares without ‘cultural gatekeepers’; those people who censoriously select that which we will be permitted to pay attention to and experience. The Internet is a skinless nervous system that far surpasses the extensive power of the transatlantic cables of its unofficial granddaddy/pappy, the telegraph (which helped build railways in the US); it reaches into every nook and cranny of human reality. If properly motivated, you can contact almost anyone on earth with access to this amazing communication system that is anarchic, practically un-police-able and free. As all new technology does: it seriously threatens the current structures of ‘order’. Now almost everyone has the potential to become a cultural hypnotist!

The telegraph changed how man communicated, literally those people in the ‘telegraph world’ probably became blunter, punchier, more tabloidesque and to the point; the Net (which catches flies) has allowed some people to express their inner poet and others their inner retard. The fact that vast hordes of strangers may virtually befriend, bother, socially rape, amuse, stimulate, engender hate or lust etc. and most importantly share their actual experiences (that cursed ‘anecdote’ of the scientist) is the most ‘revolutionary’ or should that be truly rebellious of things: ***for the first time in history the ‘proles’ can talk and share real knowledge. This poses a direct threat to the Power Elites - they know it and it scares them.***

Of course some just use it to fiddle themselves silly!

The Internet, like all other media, by the very technology of the medium, has changed how people communicate; it tends to make people communicate as if they had no social censor. Social censors are used in face to face interactions that are lacking in ‘cyberspace’. To fall into this illusive trap of saying what flits through your head is a new form of communication I call ‘Cyber-Tourette’s’. The illusion you can say what you want without there being consequences.

TV: the hypnotically unified sensorium.

TV absorbs the attention. Studies using the Mackworth head-camera have shown that children watching TV fixate their eyes on the characters – their

reactions to be precise, even if a scene is violent.

TV is the perfect medium for ‘selling’ process because it is visual and auditory and proceeds through time. TV is rarely used to expose serious problems in the particular part of earth it produces programmes from – it focuses its critical ‘eye’ overseas mostly. By doing so it binds people in a set of cultural assumptions that are not the truth, the whole truth and nothing but the truth! It also creates an **electronic-synthetic sense of ‘cohesiveness’** via similar information processing that is unreal.

TV engages audiences through low intensity output. This is why a more ‘laid back’ approach is best for TV presenters etc. Audiences *feel* they are co-participants in TV. They become a part of the action IF it’s not too dramatic. TV conveys info better than any medium; if delivered in a low key fashion. After all people are sitting comfortably in their living rooms. TV involves the audience ‘in depth’. TV forms visual-icon-sculptures in the viewer’s mind. Originally TV was made of dots which were unconsciously simplified into a manageable fraction of a whole. It is a 2D experience of abstract art posing as a 3D image. It provides less visual-info than movies. This makes it inherently somewhat ‘surreal’. When a TV is on in a room, no matter who else is present, it *demands* you look at it.

The TV camera loves medium close ups – the ‘talking head’; this gives the illusion of knowing what a person is intimately thinking when in reality, it’s all an act. This is why the audience feels an intimate connection with the ‘TV personality’, the movie actor is famously known but the TV actor is almost a friend! This gives such people far too much influence; certainly more than they deserve. TV is inherently not good at supplying detail; therefore we have a tendency to ‘fill in the gaps’ left by its speculations – a form of verbal-visual-nominalisation. *The experience of TV as a media itself affects the subconscious and influences behaviour.*

Men tend to become TV stars for being ‘cool’. Women tend to be movie stars for being ‘hot’. Both mediums reflect the intensity of the experience.

TV often captures audiences by showing a process that needs completion (behavioural template closure). D.I.Y, cooking programmes, detective and mystery, make-up transformation shows do well for this

reason. Documentaries are another example of ‘process intimacy’ that so hypnotically hook the TV watcher. Sweeping changes in cultural expression in the 20th century found and in the 21st find their root in changes suggested by TV watching. **Life does not imitate art or bad art but the commercial.**

The intimacy of TV is also dangerous in other ways, it encourages an over-scrutinisation of others as we become sleazy tabloid journalist, cod-psychoanalysts, image inspectors, perfection seekers and electronic village gossips when not being mere masturbating peeping toms. The perception of ‘depth involvement’ in TV has weirdly created a desire for ‘deep spiritual experiences’ which have opened people to illusions offered by cults and the razz-ma-tazz of TV evangelists etc. With the advent of TV, ‘voter blocks’ vanished and people voted for entirely fictitious representations – ‘icon (eye-con) politicians’ etc. We vote for the best sold consumer package and since politics is no longer about competing ideologies etc., why wouldn’t that be the case? There is no ‘left and right’. Only the left is right.

Other effects of TV etc.:

- It made Americans more European and Europeans more American.
- It created the ‘cool’, blank faced and expressionless teenager who copied the cool TV presenter/actor etc. Previous to the TV age teenagers/adolescents were highly expressive and lively.
- It creates the illusions of being indoors and outdoors all at once.
- TV attention fixation powers have created a ‘body obsession’ – TV medical shows have played a large part in this.
- It makes us conform to a pattern of experience subliminally. No matter how consciously aware you are of that.
- Its affects CAN be countered by experiencing other media such as books etc.
- It is easier to sell a vague-nominalised political image that is ‘blurry’ and thus capable of inducing others to project fantasies upon its

ambiguity. David Cameron, the current UK Prime Minister is a prime example; being essentially a non-entity without a personality. His opponent, Labour leader Ed Milliband is merely a media catastrophe.

- The key to TV success is that the best way to sell yourself is to not even attempt to but to appear totally nonchalant.
- TV acting demands the 'skill' of 'relaxation' in the actor.
- TV supplies a vicarious and lacking need of 'spontaneous' casual chat and 'dialogue' once supplied by village life organically, now non-existent with your latest 'neighbour'.
- TV is a great aid to learning as its ability to reveal processes in unsurpassed. Ah! But what are you learning?
- The TV 'News' is merely an example of process completion.
- TV has, by its existence, trained people to see life as a process of constant change. **It has changed the way we naturally process information.**
- It has totally reorganised people's imaginative lives.
- TV is most akin to touch and involves all the sensory modalities.
- Where writing fragments sensory life, TV unifies it.
- TV is a non-linear mosaic, similar to dance. It appears to be the opposite of this.
- TV by its nature involves the person in the situation being watched: it consumes them. You are immersed in it.
- TV has taken away much of the principles of Western renaissance perspective and created a new love of word play. Words have developed a 'deeper meaning' since.
- Its experiential structure encourages a lack of detachment and analytical ability.
- TV creates a sense of 'nowness', of the desire for immediate action.

- TV creates an unrealistic desire for an impossible ‘involvement’ that cannot be realised in actuality. It installs attractive delusions (Gnosticism).
- Trauma viewed via TV is so involving as to induce real but fictitious ‘grief’ and numbing as seen in PTSD and cult snapping.
- The synaesthesia of TV creates an aura of the ‘sacred’ in the ‘TV personality’ by virtue of the medium itself. ‘Dictators’ (or dictatorships) of the future will be best sold by TV for this reason.
- It can involve an entire nation in a **ritual process** all at once. Thus inducing collective trance!
- It induces a state of excited passivity.

Video killed the Radio Star!

McLuhan guessed that radio was the modern equivalent of the tribal drum. Radio was the media of fascism, without it Hitler et al would not have brainwashed the masses. Control its output and monopolise it and you’ve got it made. Radio absorbs the attention as do all the media we have covered. This is why people listen to music in shopping centres – to zone out the people around them.

Radio is no longer an entertainment system, but and large by a data input system: people attend to it to get needed information about ‘how things are’ and they become deeply involved in the process. If they didn’t, radio talk show hosts would have zero phone-in callers. People like to share info, it is a faux village meeting; one of the most popular sources of info are those hopelessly incompetent witch-doctors who create the ‘weather reports’.

Radio is a hot medium and suited to hot characters – loud mouths etc. They do less well on TV generally. The attention is focused on the voice as it is with a hypnotist by and large. Like hypnosis, radio is an intimate form of pseudo one on one communication – you feel he, and sometimes she, is talking exclusively to you and not a million or so others. Imagine the absurdity of this in real life: a person who talks incessantly and you shut up

and listen all the time – ah! Hypnosis! Orson wells used the singular sensory modality of radio to con people that Martians were invading America and most listening believed it – that is cultural hypnosis and will be examined in depth in my final book.

The Germans, though recently industrialised were powerfully tribal in their psyche – Hitler used this trait and exploited it through his radio broadcasts. The unconscious symbol of the Germans are trees – their great forests shape their psyche. **The tribal resonance of radio appeals especially to women. It is a mass, artificial extension of human speech. It is the closest to a natural medium.** Visuals = open associations. Auditory = exclusivity. Radio has the quality of talking in a lightless room, we hear as a blind person and the sounds become heightened in their importance. We have narrowed and not broadened attention. Having no pictures to lean on description must paint and elicit imaginative responses.

Teenagers took to radio so passionately after the 1950's because it gave the illusion of privacy and an imagined removal from parental influences – in other words, like drugs it targeted their rebelliousness. It began to separate the generations auditorily. DJs, shock jocks and gag writers were invented by radio. The pictures painted in the minds of hypnotised listeners help to consciously and subliminally alter and recreate a new hologram of external reality, passed through the editing filter of the host. **Radio has a great power to re-collectivise man.**

The BBC in Britain was created by the establishment of Britain to control the flow of information in ways that suited themselves – all attempts to provide alternative news sources beyond establishment patterns of acceptable perception were and still are ruthlessly crushed. 'Auntie Beeb' still holds an almost medieval tyranny over the minds of the British who are forced to pay for it or go to jail. In style and approach it behaves more like a state-corporation in an old Eastern bloc country than in a democracy.

Other effects of radio on information processing:

- Information relay can be accelerated. It 'speeds up time' and a sense of urgency.

- It creates the illusion of the giant world as a tiny village that exists only in your imagination. It compresses space.
- It encourages rumour mongering, speculation, petty gossip and pointless vindictiveness.
- On the plus it can revive old traditions that have ‘died off’ and reinvigorate them.
- It can decentralise power in a healthy way if a broad number of voices are available for public consumption. The only country that still has this widespread diversity of radio voices is, unsurprisingly, the United States where freedom of speech is still a constitutional right: for now. In Britain the BBC pretends to offer regional BBC radio but they all tow the Party line: diversity of opinion is effectively nil. The BBC is a living relic of 20th century socialism and central planning. No country has a healthy public life with one organisation being so undemocratically predominant – it considers itself the ‘monarchy of media’ in the UK with a divine right to mould and hypnotise as it pleases. Its staff are primarily from free paying independent schools who live off of massive taxpayer hand-outs. The BBC is welfare for rich kids.
- One can commune privately with a favourite radio host: this may be good or bad depending on the host’s agenda; they all have one! At worst this can produce ‘cult followings’.
- McLuhan warned that due to radio’s potentially insidious dark side, it could allow Plato’s mad dream of a ‘global imperium’ to become a reality; decentralisation could fragment the powers that be’s concept of internal ‘social cohesion’!

The power of the movies!

Film is an electronic-mechanical illusion of organic change. Filmmakers literally transform the view - *from his own subjective, imaginative world* - to one they artificially created externally. This is so blindingly apparent and so totally absorbs the viewer that the critical faculty is completely bypassed.

The audience member subliminally submits to this change in how he processes information. The viewer is hypnotised by the visual spell of the filmmaker. Film sequences are only accepted by literate societies trained in printed forms of information processing. Whatever happens on the screen is accepted, even though it is just a series of still photos/digital info flashing by rapidly.

Film creates dreams in which reality looks impaired by comparison

(Gnosticism). Films are most similar to the novel which is why their basis is scripts. Non-literate cultures take film images literally, having no concept of linear cause and effect. You have to be trained to be linear. Film plays with visual perspective in ways that TV doesn't. Rich detail is required in film as it conveys so much information. It is a hi-def 'hot media'. The electro-mechanised world we live in stops us from living fully – film offers the fantasy that it can be lived 'fully' and better; but its projected illusions, which are but waking dreams, cannot be realised. This reality stops few from trying. **The 'consumer products' offered by films are dreams.**

Originally films appealed to recent immigrants and not North European Americans. Why? It was addictive as it offered immediate artificial satisfaction of their materialistic yearnings and strivings in America which had yet, if ever, to be realised. The Hollywood illusion of its interpretation of the 'American way of life' was sent worldwide, and began to slowly, surely, undeniably erode indigenous cultures - spawning the birth of a pseudo 'world culture' that existed only on Californian film lots. Films create a great deal of synthetically induced dissatisfaction.

Film is the only true multi-sensual art. It involves light, colour, spectacle, sex, sound, speaking, rhythm, energy, feeling, acting etc. Film viewers, like TV watchers and readers, may be amongst others but are 'communed' with alone. Just like the subject in a hypnosis session or the Catholic Church.

Film has a hard time competing with TV and now internet media – it can only do so through a highly realistic 'cool', 'casual' approach (which cost less!) or total magnificent spectacle. These products hypnotise audiences best. As so much pain, addiction, suicide, divorce, young weird deaths etc. show 'success' in film = misery. Yet many hypnotised somnambulists chase

the 'Hollywood dream' that hovers above a cliff. Films sell fantastically stupid versions of 'success' that seduce many people.

Films are revolutionary political acts with the power to topple civilisations: discuss.

One of the most powerful techniques of film is that it appears to be a 'stream of consciousness' much as are the words of a hypnotist's script. This creates the mirage of '**spontaneity**', '**a unique subjective experience**' and '**escape**' into more beautiful dreams than concrete cities provide.

The reality of Hollywood or 'Hollyweird' as I call it follows soon.

In closing.

All media is hypnotic inherently and by the content it projects. It is used by powerful groups in society to hypnotise and install deluded holograms that keep the herd managed, pliable and psychologically unwell. Without any rational shred of evidence doctors, psychiatrists, psychologists, 'therapists' have all suggested or stated outright that the fault for bad mental health lies somehow in the individual. Drugs, 'psychotherapy' (whatever that means) etc. are ways of making people merely viable enough to be sent into the same nuthouse that made them ill in the first place – society! G.K Chesterton was correct when he stated that Western human societies had become anarchies – anarchies being states where there is no self-control, not chaos. If you do something and feel compelled to do so no matter how bad the consequences, that is personal anarchy. When a minority within a state pursues mad ideologies even when they are highly damaging to others and cannot see that this is so – that is anarchy by the state. Such mad states often hypnotise great swathes of people to their own destruction. Anarchy is the inability to return to rational limits – modern state's rulers talk utter nonsense via media and the public can't help but listen. And worse than that, the rulers and ruled can't stop this dance macabre!

The Post-Western world we live in is insane, it has no rational codification of normal, believes the abnormal to be normal: if you can't define a sane 'normal', how can you recover it??? 'Sanity' is now defined as being a

politically correct Marxist. Is that really what sanity is? Like I said, opposite world.

Information selling and consumption?

In the end groups or individuals (less so) are competing to sell you info, some to help you, some to hinder you, some are downright crazy, some are stupid: the fact is we are all selling and consuming someone's information: that's what cultural hypnosis is. Maybe we should all stop being so readily hypnotised by total strangers of whom we know essentially nothing. Just a thought. And I hope you include ME in that!

The 'Running Man' reality???

Not the story by Stephen King (as 'Richard Bachman') but the Arnold Schwarzenegger film. In the film the totalitarian state that runs America and the world has a media that simply makes up the 'news' to suit its own political agenda including framing people by doctoring film footage using 'creative' editing. Hmmm?

Let's look at a brief who's who of various sections of the 'Culture creation industry'. These are but some of your cultural hypnotists.

The establishment 'left': the who's who of your news-reality hologram!

Note: the following section is not a personal attack or vilification of the people mentioned herein – it merely raises the question of inherent bias in the media. It has a UK slant as the Rogue Hypnotist lives in England and therefore can write more authoritatively about what he knows. The underlying principles of this segment are globally transferrable however.

The bias in the UK media is so horrendous and unbalanced as to prevent anyone watching it from forming an accurate hologram of what is actually going on in the world. A small amount of mere internet research reveals why. I will prove that what may simply be called, 'The pro-establishment perspective/position' is very real indeed. Although all the British media loves using words like 'equality' etc., this is mere window dressing and illusion. The fact is the British media is staffed by primarily white men and a few women from upper middle class backgrounds that have frequently,

though by no means exclusively, been schooled in the UK's top independent schools (fee paying) and who have attended either prestigious Oxford (mainly) or Cambridge where they frequently study PPE (Philosophy, Politics and Economics). Their parents are usually very wealthy and are often involved in high academia or corporate positions. I will now simply provide you with a few names and details of the personas who supply your 'truth'. For my US, European or Japanese readers, you may wish to investigate the backgrounds of your own 'local' journalists. What you find may well startle you.

John Snow - Senior news presenter Channel 4 News UK. Son of an Eton/Charterhouse/Ardingly college (3 of Britain's elite fee paying schools) schoolmaster and Bishop of Whitby, George D'Oyly (a Norman name – 'd'Ouilly') Snow. His grandfather was Thomas D'Oyly Snow a senior and repeatedly incompetent British Empire general; his record in WW1 was a farce from which he was eventually relieved from duty. John's cousin Peter Snow is also a British broadcaster. Peter's son and John's nephew, the broadcaster Dan is the great-great grandson of Former British Prime Minister David Lloyd George (we have no absolutely proof of nepotism...)

Snow attended Ardingly college, where he was sexually assaulted by a 'domestic', and St. Edward's School (fee paying) – Oxford. John was not academically gifted shall we say, and failed to pass his A levels (UK high school exams at 18). He tried again at Yorkshire Coast College, Scarborough. You guessed it, then, a fee paying school. Money can't buy you brains but that didn't stop Johnnie boy. For a while he worked for VSO ('Voluntary Services Overseas', an NGO in Uganda as a teacher, where he met and fantasised murdering then dictator Idi Amin!!! Snow famously said he rejected helping/working for the British security services.

In the early 1970's he managed to scrape into the University of Liverpool to study law. He claims he was booted out for his support of the anti-apartheid movement and therefore did not obtain his degree. But to a well-connected person like John this proved no obstacle to success. By the way John likes sporting his bad taste in colourful ties and socks on the show he hosts. After being thrown out, John kept himself busy working for New Horizon Youth Centre, a homeless 'charity'. Who hired him? Lord Longford (Eton/Oxford

– degree in PPE), that most strange of creatures - a socialist-peer (the powerful love socialism) of the realm who campaigned tirelessly, and thankfully unsuccessfully to try to gain the release of iconic multiple female child torturer and murderer Myra Hindley. By 1983 John had managed to somehow, one way or another, with no degree or relevant experience end up working for Britain's first independent broadcaster ITV's as a Washington Correspondent!!! (!!) He penned a book for which he was paid a large advance revealingly called: 'Shooting history' (because that's what journalists do to it?). He infamously compared wearing a poppy to commemorate British war veterans as a form of 'fascism'.

Gary Gibbon - Channel 4 news political correspondent. Attended the John Lyon School, in Harrow (fee paying) in West London and read History at Balliol College, Oxford. Would he be truly unbiased or very pro-Establishment then? Ok-ay...

Michael Crick - Channel 4 news team. Educated at Manchester Grammar School. Joined British Labour party at 15!!! A political obsessive and 'unbiased'?? Attended New College, Oxford studying PPE. He chaired the Democratic Labour Club and the Fabian Society: a 'mystic or otherworldly left' group (its symbolism is revealing – its 'logo' is a wolf in sheep's clothing!!!) which believes that man can be 'perfected' through 'gradual change' toward 'world socialism'. Interesting.

Adam Bolton - Political editor of Sky News. Trained/educated at Tower House School - a preparatory independent school in south-west London and Westminster School - a boarding independent school for boys in Westminster in Central London. Bolton is no dummy; he took A-levels in English, Mathematics, Physics and Chemistry. Bolton often burps whilst reporting on TV (he is quite a tubby fellow) - schooled at Christ Church, Oxford (yawn) next.

Wait it gets better – he then toddles off to Johns Hopkins University in Washington USA where he gets two degrees: 1. English. 2. International Relations. Johns Hopkins is one of the top globalist Universities on earth with none other than former National Security Advisor Zbigniew Brzezinski as a professor!!! (The Moonies claim 'Zbig', as he is

affectionately known, is a supporter of theirs', at least he was.) Brzezinski was President Carter's National Security Advisor. BBC correspondent **Jeremy Bowen** (son of a TV reporter) also went to this 'prestigious' place – small world? The University is situated next to the Brookings Institution, Carnegie Endowment for International Peace, Center for Global Development and the Peterson Institute: all globalist think tanks. Bolton is the only person known to have f**ked a spin doctor rather than the other way around, leaving his wife and kids for Tony Blair's propagandist Anji Hunter. Ms. Hunter was born in Kuala Lumpur, Malaya where her father was a rubber plantation manager; she was trained at St. Leonards School (fee paying independent) in Scotland and St. Clare's, Oxford (an International Baccalaureate diploma course boarding school). After the 1997 New Labour victory, Hunter was called 'the most influential non-elected person in Downing Street'. Is it me or is it f**king cosy at the top?

Now don't get me wrong, not all UK journos go to top schools and are well-connected etc. but most of the senior 'key players' do. Do the state school underlings just need to toe the party line?

Jeremy Thompson - Sky News presenter. Educated at The King's School, a boarding independent school for boys (now co-educational and non-boarding), Worcester, England.

Andrew Wilson - Sky News presenter. Educated at the Preparatory School, Lower School and Upper School of Clifton College, a boarding independent school for boys, Bristol, South West England. Attended University of Sheffield before being awarded a Scholarship to *RMA Sandhurst* – yes the military training school. *There are former British Military trained 'personnel' in the media.* He was an army officer. I am not making this up. The question is: why no former plumbers etc.?

Colin Brazier - Sky News presenter. Offered a commission as an infantry officer with the Green Howards regiment. Army links again.

Tim Marshall - Timothy John 'Tim' Marshall - Diplomatic Editor for Sky News - four –years' service former RAF. I kid you not. Like all the Sky News former military men he has a genuine 'tough edge' about him.

Sam Kiley - Educated at Eastbourne College, a boarding independent school for boys (now co-educational), East Sussex, England. Attended Lady Margaret Hall at the University of Oxford, where he studied Politics, Philosophy and Economics (good 'ol PPE!). Became president of the Oxford University Dramatic Society. He also studied mime and commedia del arte under Neil Bartlett, director at the National Theatre and the Royal Shakespeare Company. Kiley was commissioned into the Gurkhas Regiment of the British Army. He resigned from the Army half way through university. This bald guy looks like he could kill you in about five seconds!

Kay Burley - Sky News presenter. Kay is not so interesting for her educational background, quite down to earth but she has a sideline in writing 'erotic fiction' (lady porn!). Nice.

Anna Botting - Sky News etc. Daughter of Douglas Botting the explorer (who the hell is an 'explorer'?!) and author, and Louise Botting, CBE, broadcaster (BBC Radio 4's Money Box programme presenter between 1977 and 1992. Former director of a FTSE 100 company etc.) Baby botting studied Geography at St. Edmund Hall, Oxford University. Shocker!

Bill Turnbull - BBC breakfast news presenter. He was educated at Eton College in Berkshire, then off to University of Edinburgh, where he edited the student newspaper. Nice work if you can get it. Can we conclude that the old school tie is alive and well in the faux meritocracy of jolly old England?

Charlie Stayt - BBC breakfast news. Educated at Wycliffe College, a co-educational part-boarding independent school, Gloucestershire.

Louise Minchin - BBC breakfast news. Born in 1968 in Hong Kong (then a British colony). Her father was a Major in the Irish Guards of the British Army!!! Minchin was educated at St Mary's School, Ascot, a girls' independent day and boarding school and has a degree in Spanish from the University of St Andrews (the Scottish Oxford). British female journos often have degrees in multiple languages.

Emily Maitliss - BBC Newsnight presenter. A graduate of Queens' College, Cambridge. Degree in languages.

Carrie Gracie - BBC news presenter. With a Scottish oil executive father she was born while he was on 'assignment' in Bahrain. She studied at University of Edinburgh, before leaving to run her own restaurant for a year. Graduated from the University of Oxford with a degree in Philosophy, Politics and Economics. You don't say!?

Fiona Bruce - Born in Singapore, daughter a Scotsman who worked his way up from post boy to become managing director of a division of Unilever (re-ally?!). She was educated at Gayton Primary School in Heswall, Wirral, the International School of Milan (whose Internet welcome page reads – 'Welcome! High Standards, International Values and Active Citizenship for a world without frontiers.' Okay. And then the sixth form of Haberdashers' Aske's Hatcham College in New Cross, London. Modelled for the stories in the teenage girls' magazine 'Jackie'. She then studied French and Italian at Hertford College, Oxford. Languages again. Hmmm? Claims she was a punk. Course you were darling! All the best 'rebels' were.

Ben Brown - BBC news presenter. Son of the ITN (a British broadcasting company) newscaster Antony Brown (riiii-ght!). Educated at the Sutton Valence School, an Independent school. During high school, Brown was on the debate team (jolly good show!), and took second place in the national debating championships (loser!). He won an Open Scholarship to Keble College, Oxford, where he studied Philosophy, Politics and Economics. At least he was original...I'm losing the will to live. A few more just to ram the bloody obvious home.

Jon Sopel - BBC news presenter. Attended University of Southampton where he was the President of the Students' Union, for the National Organisation of Labour (UK international socialist political party) Students during 1982 and 1983. Well at least he doesn't breach the BBC's supposed much touted guidelines on 'objectivity'. How do we define 'objectivity'??!

Evan Davis - BBC news presenter, usually on economic matters. Attended Dorking County Grammar School. Gained a First in [Philosophy](#), [Politics](#)

[and Economics](#) at [St. John's College, Oxford](#) from 1981 to 1984, before obtaining an [MPA](#) at the [Kennedy School of Government](#) at [Harvard University](#) no less. While at [Oxford University](#), he edited ‘[Cherwell](#)’, the student newspaper. Lovely! But there’s more – Evan worked as an...ahem, ‘economist’ for the Institute for Fiscal Studies (globalist think tank); and while there he was briefly seconded to help officials work on early development of the ‘Community Charge’ system of local government taxation; this is better known as the Poll Tax which brought down former British PM Margaret Thatcher. He is a known member of many pro-globalisation organisations – check out his wiki profile. Very revealing.

In closing.

This is almost all derived from simply looking at Wikipedia, nothing fancy was involved. I have said nothing slanderous nor libellous. I just listed facts and let them speak. You must draw your own conclusions. Is this ‘objectivity’ or total bias? These media operatives have very similar backgrounds indeed; hardly representative of modern Britain. Generally these people do not mix with ordinary folk like you and I. My point is, instead of listening to this mix of objective and unbiased-globalists, socialists and rich kids like gullible trusting idiots, why not do some research on who is telling you ‘the way things really are’; why don’t YOU do some thorough research on them first? Who is watching the watchers? Who is judging these un-appointed and undemocratic judges of all and sundry? Who is keeping guard on the guardians of ‘nonpartisan’ news? Shouldn’t you be more careful as to whom you let help form your hologram? Bear in mind when you watch TV, you’re in hypnotic trance. Ooops!

The media operatives act like a cult: one mind-set, one agenda, no opposition. Braid defined hypnosis as ‘monoideism’ – a focus on one idea to the exclusion of all others!

That’s leads me to another rather interesting group in the culture creation industry with its own heavy military links; to say the least.

Ghosts of Laurel Canyon.

Music is hypnotic. It elicits emotional responses and bypasses our critical factor. Popular songs are deliberately repetitive and catchy – they stick in the mind. The themes in songs can program us, the ‘ocean of the unconscious’ and become manifest in our behaviour. This much is well known.

It is a contention of the Rogue Hypnotist that you should be VERY careful who you allow to hypnotise you. *In the cultural hypnotic state you ARE programmable.* This has been proven over and over again in this book and others of mine. We need to look more deeply at who produces ‘the culture’. The culture that claims to be ‘ours’, the culture produced by those who call themselves the ‘culture creators’: I stumbled across a book I mentioned in my last one, ‘Crafting hypnotic spells’, titled **‘Weird scenes inside the canyon: Laurel Canyon, covert ops and the dark heart of the Hippie dream’** by American author **David McGowan.**

It is an incredibly fascinating account of the ‘stars’ that composed and performed the songs that came out of the so-called ‘counter-culture’ ‘Hippie’ movement. What I learned startled me as an individual and as a professional hypnotist. This section is similar to my expose on the ‘hidden’ backgrounds of various British news presenters. ‘The owls are not what they seem’.

What is or where is Laurel Canyon and why is it important?

Those like me who are not totally obsessed by pop and rock may well wonder why I’m talking about some place in California called Laurel Canyon. That would be understandable. Until I researched this book *I* hadn’t heard about it.

Laurel Canyon is simply a neighbourhood found in the Hollywood Hills region of Los Angeles, California. Its central thoroughfare is Laurel Canyon Boulevard. However, unlike other nearby canyon neighbourhoods it has houses that line one side of the main street most of the way up to Mulholland Drive. It has multiple side roads that branch off of the main canyon yet most are not through streets; this creates a self-contained

neighbourhood. The other thing you should know is that it also houses a not so secret US military installation in its midst. The hippie movement was created in this close-knit canyon. And many of the hippie movement's biggest stars came from military intelligence backgrounds. Not to mention the actors. Why would 'flower power' be so closely linked to fire power???! Let me simply list a selection of the Laurel Canyon 'Royalty': household names whose music we love. But who are the real people behind the persona?

Military personnel and the 'musical arts'.

Note: again the following is not a personal attack on the named artist or the military in general; it is just a damned weird 'coincidence'. Make of it what you will.

- **Jim Morrison** - Lead singer-songwriter of The Doors. Son of US Navy Admiral George Stephen Morrison. The man who was involved in the so-called 'Gulf of Tonkin' incident which started US involvement in what became the Vietnam War.
- **Frank Zappa** - Frank's dad was a chemical warfare specialist based in Edgemore Arsenal, Maryland USA.
- **John Philips** - of the Mamas and Papas fame. Son of US Marine Corp Captain Claude Andrew Philips. John attended military prep schools and was appointed to the US Naval Academy, Annapolis. Before becoming a household name he was involved in the Cuban Revolution!! Ended up raping and having an almost decade long incestuous 'relationship' with one of his daughters. She had to abort a child she conceived with him.
- **Stephen Mills** - of Buffalo Springfield/Crosby, Stills and Nash fame. Served in Vietnam, product of a career military family. You think I'm making this up now, right?
- **David Crosby** - of Byrds etc. fame. Son of WW2 military intelligence officer, Major Floyd Delafield Crosby. Descendent of US senators and

congressmen, state senators, mayors, judges, civil war generals etc. Sound like a 'rebel' to you?

- **Jackson Browne** - son of a career military man working in post-war Germany.
- **Gerry Beckly, Dan Peek, Dewey Bunnell** - members of the band 'America'. Gerry's daddy was a commander of West Ruislip USAF base near London, England. Peek and Bunnell's daddies were USAF officers serving under Beckly's dad. The 3 met and grew up together on the air base!!!
- **Mike Nesmith** - the one with the hat in The Monkees etc. Family inheritance of 25 million. Served in USAF before becoming a singer etc.
- **Cory Wells** - star of band '3 Dog Night'. Served with USAF before becoming famous.
- **Gram Parsons** - of Byrds and Flying Burrito Brothers fame. Daddy - Major Cecil Ingram Conner 2nd USAF no less!

That's just the tip of the iceberg. Many of these people met with and fraternised with Charles Manson and his cult. **Plato** said in his '**Republic**' that it was essential that any power elite rigidly control the musical arts, as music had the power to overthrow regimes and change society. If you want to read about the British Establishment's involvement in the 60's 'counter-culture' you should read '**The Neophiliacs**' by highly respected British Telegraph Journalist **Christopher Booker**. A great deal of the culture creation in Britain came from boys trained in British independent public schools (fee paying). Now I'm not a 'conspiracy theorist' but I am not a coincidence theorist either. **In all societies, as much as is possible, cultural hypnosis is controlled by those who rule.** 'Something is rotten in the state of Denmark...' as Hamlet said. By the way there are a whole host of contemporary Hollywood stars with fathers etc. in the military: maybe someone should write a book about that.

Again: the problem is, as recipients of cultural hypnosis we assume far too much about who is creating the culture. Perhaps we should dig a little deeper into the 'artistic community'. Not only does music have the power to affect our unconscious minds but so do movies...

Un-holy-wood: Hollywood hypnosis.

In the book '**U.S.A. The Permanent Revolution**' by the Editors of **Fortune and Russell W. Davenport**, Hollywood is said to be the 'biggest information agency in the world'. With that in mind let's talk about the *real* Hollywood that you let hypnotise you: not the showbiz B-S. Time to face reality Padawans. At times she's one ugly, mother-f**king bitch!

Anger's Hollywood Babylon.

A book you must read about the seamier and more realistic side of Hollywood is '**Hollywood Babylon**' by **Kenneth Anger** who was obvious incredibly weird. Anger, a 10th rate low budget maker of 'horrors' with occultic overtones, lists many of the odd, mad, violent goings-on behind the 'dream factory'; I point out a few here for your consideration. Not all info that follows is from the above mentioned book: how can I put this? Considering the 'Hollywood lifestyle' we are sold by the media the entertainment industry in general, the Entertainment industry period/full stop, it must rank as one of the most dangerous sections of the economy that you can work in! Far more dangerous per head of population than being a fireman, police officer, soldier, sportsman etc. Why? First off let's take a straight and simple list of weird Hollywood/entertainment deaths or stars associated with weird deaths across the years.

Weird deaths etc. of the stars.

- **Whitney Houston** - dead in the bath in mysterious circumstances.
- **David Carradine** - found dead dressed as a woman, tied up and strangled.
- **Bruce Lee** - young and healthy martial arts star dies in highly mysterious way!

- **Brandon Lee** - son of above dies by 'shooting self' – a blank in the gun was fired and 'forced out' a real bullet that had been accidentally left in the gun. Okay.
- **Amy Winehouse** - UK singer. Found dead in her home after neighbours had allegedly heard tribal drums and screaming coming from her London home.
- **Bon Scott** - lead singer of ACDC found dead having choked on his own puke.
- **Jon-Erik Hexum** - star of US TV show 'Coverup' – accidentally shoots self with *paper bullet* and dies!
- **Vic Morrow** - actor and father of Hollywood former starlet Jennifer Jason Leigh; dies after a Helicopter falls on him during the filming of John Landis's segment in the 'Twilight Zone' the movie!
- **Sonny Bono** - of Sonny and Cher fame. Later US politician dies in a bizarre skiing accident, said to be investigating organised crime at time of death.
- **Bob Crane** - a rampant womaniser of Hogan Heroes fame – found murdered (beaten to death) and ejaculated on!!!
- **James Dean** - bizarre car accident. Dean was warned by actor Alec Guinness not to drive off from a Hollywood party after the latter having had a sudden premonition that Dean would die. The next two deaths were also of stars in the film 'Rebel Without a Cause'.
- **Natalie Wood** - mysteriously drowned on boat with Robert Wagner and Christopher Walken.
- **Sal Mineo** - stabbed in Hollywood alley by a pizza delivery man. Was his tip insufficient?!
- **Heath Ledger** - dead from an overdose at the height of his fame at 28! Tragic.

- **Anna Nicole Smith** - kills self after discovering her son dead from an overdose.
- **Sid Vicious** - UK punk rock star, overdose allegedly linked to his girlfriend Nancy's death: that he blamed himself for etc.
- **Brian Jones** - of Rolling Stones fame found dead in swimming pool. Drugs and alcohol blamed. To this day rumours swirl about as to who might have really 'killed' him.
- **Keith Moon** - legendary drummer, boozier and druggie from the UK band The Who; dies from medication administered to ease his alcohol withdrawal. Bizarrely he dies in the same room in which Mama Cass Elliot of the Mamas and Pappas died in!!! Excuse me?
- **Britney Murphy** - dies of (you guessed it) a drug overdose. Extremely high levels of heavy metals are found in her system!!!
- **Kurt Cobain** - rock star: dead of heroin and bullet overdose.
- **P. Diddy** - rap star, shot to death.
- **Fatty Arbuckle** - raped co-star, (Virginia Rappe!!! Virgin rape??) who refused his sexual advances, with a broken wine bottle.
- **Jayne Mansfield** – beheaded (in a car accident?!). Member of Anton Le Vey's Church of Satan.
- **Thomas Ince** - so-called 'Father of the Western'. Shot on Randolph Heart's yacht and not with a camera.
- **Marilyn Monroe** - dead from overdose, although the first police officer on the scene believed she'd been murdered; seedy connections to Kennedy brothers and a whole host of other rich and powerful men. In private and to one of her few and only friends she is alleged to have said she was little more than a prostitute.
- **George Reeves** - of superman fame. Found dead and face up naked with a gun between his legs. Said to be depressed after a wobbly career.

- **Thelma Todd** - actress found dead of carbon Monoxide poisoning. Blood was found on her head.
- **O.J. Simpson** - need I go on?!
- **Elizabeth Short** - aka 'Black Dahlia', black and white movie actress - found severed in two!
- **Tupac Shakur** - rapper: shot.
- **Bobby Fuller** - sang 'I fought the law and the law won!' Found dead in his car covered in massive bruises and internal bleeding. Coroner declares an accidental suicide!!!
- **Lana Clarkson** - killed by musical genius and loon Phil Spector.
- **Grace Kelly** – allegedly sexually promiscuous star and wife of King of Monaco – dies of a 'stroke' during a car crash.
- **Kirstie MacColl** - cut into mincemeat in front of her children in a boating accident in Mexico by a Mexican supermarket mogul's speed boat.
- **Any Kaufman** - comedy genius: cause of death 'unknown'????!
- **Michael Jackson** - alleged paedophile dies after a lethal dose of pain killers - by his doctor!
- **Johnny Stompanato** - violent gangster husband of Lana Turner. Shot.
- **Michael Hutchison** - 'INXS' pop star dies of 'overdose': Paula Yates his British girlfriend claimed he died by autoerotic strangulation. She and her daughter Peaches Geldof also die of an overdose????!!!

I could go on and on and on. That'll do – at the least, 'Hollywood' etc. is one seriously f**ked up place! I wonder how many kids have died by unconsciously aping a Hollywood death??? The mind boggles. Is such a mentally unhealthy place best suited as the role model of how we mere mortals should lead our lives? I think not, I think not...

Corrie Feldman's confession: a den of deviants?

We all know about the ‘casting couch’; and don’t be foolish enough to think it only relates to female starlets. In late 2013 former child star Corey Feldman who had appeared in Goonies, Stand by Me and The Lost Boys (suggestive) told the world that Hollywood was ‘awash with paedophiles’. He and his friend Corey Haim were said to have been raped and sexually abused repeatedly by varying ‘big shots’ in the Hollywood hall of sleaze. The abuse and drug use (that clearly was used to smother the trauma and guilt of being raped repeatedly) eventually led Haim to die at 38 from drug related pneumonia in a ‘rehab clinic’! Feldman claimed that Haim had been abnormally sexualised by powerful men in the Hollywood machine who convinced the teen idol that illegal sodomy between a man and an underage boy was ‘ok’. In Hollywood that is.

I am no prude – the opposite is the case but molesting kids is EVIL BEYOND MEASURE! You go into a movie house, a cinema and go into trance as you watch that film. You have no idea who made it, what their values are (or lack of them) and what they might be putting in their films that affects your unconscious mind. And many, though not all, of these deviants produce what you call ‘YOUR’ culture. No it was never yours to begin with. Maybe you should give careful thought as to when and what you let the mind’s firewall down to.

A lamentable close: The ‘show’ must go on?

At time of writing both US and UK top celebrities with ‘family man’ personas have been accused and some found guilty of the depraved rape of women and children. How low can they go and what next? If Kermit is accused of molesting Fuzzy Bear - it’s game over! And if that sounds like a sick joke it is because globally popular children’s show ‘Sesame Street’ has had its own paedophile scandal of late.

The uglification of art.

What the hell happened to art and why should it bother a hypnotist? Because art, and our ‘artistic environment’ affects the subconscious, the unconscious too: and that my field. If you have ever been to a really good art exhibition with works by a truly great artist, the work impacts you psycho-physiologically. It is not a neutral experience.

Who are you to define art?

For over 2000 years it was great artists who set the standards for beauty; now such standards are gone. 'Modern Art' is a warped and downward spiral of no competition between the ugly, meaningless, twisted, perverse and irrelevant; often the most shocking or banal 'wins' (is patronised). *This reveals the tastes of those who can afford to patronise the arts.* The arts 'say something' about a society's values - or lack of them.

So, what are the psychological effects of art? Again we shall use our friend 'neuroscience' to help back up what should be blindingly obvious.

The Neuroscience of art.

First let's consider varieties of information processing that relate to art. Apparently cognitive psychologists believe there are such things as 'bottom-up' and 'top-down' processing when they are pondering any branch of research they are interested in – this includes the way we process visual info. The above-mentioned computeresque terms are used in software design (this shows the dehumanising tendency of psychologists to view humans as bio-robots).

Bottom-up processing = how information from the stimulus (art) is 'processed' by the brain's visual system into colours, shapes, patterns, etc.; in other words the compartmentalised units of a piece of art etc. This is the 'raw data' if you like of an experience. This affects how art is 'appreciated'. Such factors include painting, form, complexity, symmetry, 'compositional balance', 'laterality and movement' (and various other pretentious nominalisations).

Top-down processing = this is the 'conceptual knowledge' (art school indoctrination etc.) and past experience of the particular individual. This is also known by that word gustatorial word 'taste'. Taste is far more complex than many realise; essentially it is your filtering schema/belief system with regards to art in this instance. Factors noted as being related to art appreciation include 'prototypicality' (a model of a concept or process; again from software lingo), 'novelty', 'information' (like titles), 'the *'name'* of an artist' (branding and expectation) and so-called 'expertise'.

'Modern' vs. 'Traditional' art.

This is also known as 'abstract' (because it is an ambiguous visual abstraction/symbol) as opposed to 'figurative' (lifelike representational) art.

Abstract art of any kind explicitly abandons most if not all representational intentions – this lack of inherent meaning renders it open to interpretation by a self-appointed 'expert' – almost like a tea leaf reader who interprets the tea leaves 'meaning' for you. Why? Because there isn't any! Abstract art is little more than a Rorschach ink blot test.

Figurative or representational art is not unambiguous; it is often simply what it is and so requires little, no or mild 'interpretation' (being told how to respond in a socially acceptable way).

The importance of meaning to humans.

Most people dislike abstract art because it is semantically ambiguous. Essentially non-meaningful art attacks our sense of reality. Let me explain. Researchers in social psychology have invented something called 'Terror management theory' (TMT) and have simply applied it to the act of viewing abstract and figurative art. TMT states that humans, like all life on earth and elsewhere presumably, are biologically directionalised toward continued survival but unlike other species they are uniquely knowledgeable that at some point, they'll be pushing up the daisies. As a result TMT argues that modern art is disliked (despised more like) because it lacks any f**king meaning whatsoever, so it is incompatible with the underlying terror management motive to maintain a meaningful conception of reality. **Human cultures are 'symbolic systems' that act to provide life with meaning and value.** At least they used to be! 'Cultural values' therefore serve to manage the 'terror of death' by providing life with meaning.

The oldest examples of cultural values which manage the terror of death are those that offer spiritual immortality (the 'afterlife' of all major religions etc.). Revealingly TMT says that other cultural values – including those that are seemingly unrelated to death – offer 'symbolic immortality'. For example the value of a national identity, posterity (having children), cultural perspectives on sex (taboos etc.), human superiority over animals have all

been linked to death concerns in some shape or form. *The modern, secular globalised world attacks the fundamental basis of meaningful cultural life as nothing else in human history.* The art of this ‘global transformation’ is literally meaningless to humans. This produces unease, anxiety and panic.

Symbolic immortality provides the sense that one is ‘part of something greater’ that will ultimately outlive the individual; i.e. one’s country, lineage (genetic germ line), species, cultural artefacts of work etc.

TMT and self-worth.

Our given cultural values dictate that which we find ‘meaningful’; in part it is argued that these values are the psychological basis for self-esteem. TMT theory states that ‘self-esteem’ etc. is the internalised, personal, subjective measure of how well an individual is living up to ‘their’ cultural values: this is self-worth in relation to an abstract ‘ideal’. High/ ‘good’ self-worth reduces anxiety. This internalised self-worth provides most if not all people with personal meaning; the cultural values of our nation, region, tribe etc. provide meaning to our lives in general. Modern art being in conflict with any kind of culturally meaningful experience produces a lessening of self-worth in the viewer. It essentially degrades us. A dying culture produces such dross; a culture in fact that has lost its self-worth. **Such degenerative cultural expressions that we label ‘art’ are in fact nothing new. As culture’s die they produce the abstract art of decadence.** This has always been a prelude to societal collapse. How do you like them bananas!!!!?

Mortality salience and art.

So-called ‘Mortality salience’, (the knowledge of individual death), was examined in a study examining exactly how ‘aesthetic preferences’ for meaningful and meaningless art are influenced by our supposed unconscious ‘death fear’.

- In order to evoke a focus on death known as ‘the mortality salience condition’ researchers asked two open-ended questions which elicited possible emotions and physical details regarding the human lab rat’s own death!!! Charming!

- Subjects viewed two abstract paintings and rated how ‘attractive’ they found them.
- When comparing the mortality salience condition results and a control group it was discovered (hardly rocket science is it) that subjects who were morbidly focused on the process of dying found the art less attractive. You don’t say!

Ok let’s delve deeper Padawans...

The meaning maintenance model.

In mainstream sociology the so-called ‘meaning maintenance model’ says that when a committed meaning framework is threatened, people experience an arousal state that prompts them to affirm any other meaning framework to which they are already committed. In other words we don’t like having our traditional, habitual perceptions played with: generally, attack reinforces them. No surprise there then.

Researchers carried out a study to see if a heightened personal need for structure arose following the experience of abstract art etc. Subjects were randomly allocated to view abstract, representational and absurd artwork. This was then followed by a test on the ‘Personal need for structure’ scale. This detects temporary increases in people’s need for meaning. As occurs in any confused state.

Interestingly it was only absurdist art that evoked a significant temporarily heightened general need for meaning. This could be because a lack of general meaning permeates so many lives that frankly a weird picture is no big deal. Abstract art also appeals to people if it has a degree of complexity but not too much.

The neuroscience of inborn taste.

FMRI scans have conclusively shown that realistic representational paintings are preferred over abstract paintings. Behavioural results also showed a significantly higher preference for representational paintings. We like meaning and structure.

If we dislike art - activity in the...

Right caudate nucleus extending to putamen: decreases in response.

These regions are involved in information processing that affects - voluntary movement, learning by osmosis and reward, memory, sleep, social behaviour in responses to visual beauty, romantic love etc. This part of the brain is linked to language fluency and is generally bigger in females.

If we like it - activity in the...

Left cingulate sulcus: Broadly involved in coordinating sensory input with emotions and emotional responses to pain, regulates aggressive behaviour (looking at beautiful things makes us feel good). And...

Bilateral occipital gyri: Part of the occipital lobe, which is the visual processing centre of the mammalian brain containing most of the anatomical region of the visual cortex. And...

Bilateral fusiform gyri: Processing of colour information, face and body recognition, emotion perception in others (recognising how others feel) word recognition, within-category identification...

Right fusiform gyrus: As above and involved in verbal and non-verbal semantic memory (generation of meaning over time etc.). The fusiform gyri is inherently involved and either evolved or was created, depending on your view, for facial recognition – is it any wonder that it is not happy at viewing meaningless garbage since that is not its function?! A common theme in cultural hypnosis. Think of cultures that are anti-art and specifically see it as ‘sin’ to view or create representational art. They have been starved of artistic input into this brain region – what damage might this do? I do not have the answers...

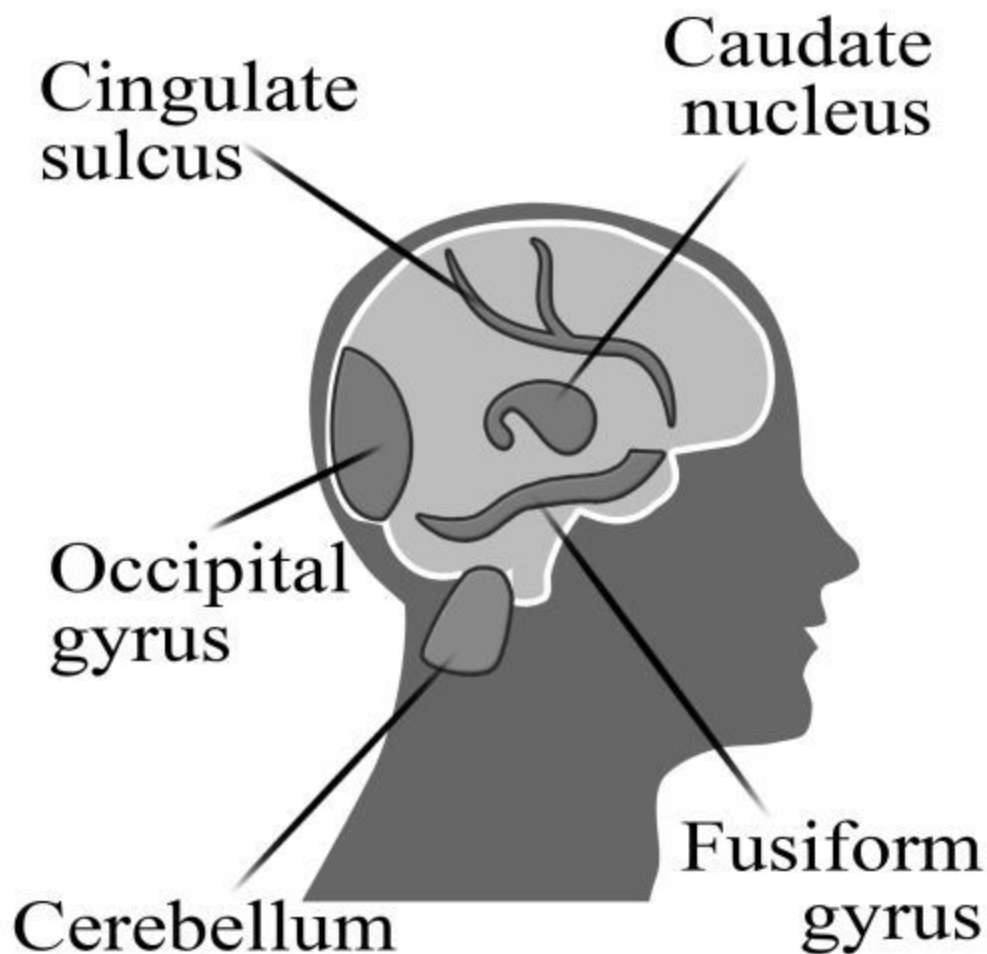
Bilateral cerebellum (little brain): Involved in motor control, cognitive functions such as attention, language and regulating fear and pleasure responses...

increases.

Phew! That was quite a mouthful! When we view weird ‘art’ our brain is disturbed – it was not ‘designed’ to do such things, rather like thinking it’s

OK to put shoes on your hands. Modern art is bad for your brain and bad for mental health. You might say it is a sensory attack on YOU!

Diagram 23: The neuroscience of liking art.



Brainwashed 'preference' vs. instinctive response.

EEG brain scans reveal that when looking at abstract art (garbage by talentless nobodies), 'non-artists' (the normal majority) showed less arousal than 'artists' (who these 'artists' were is not said; if they were Fine Art undergraduates then I beg to differ! All they do is repeat the b*llsh*t their professors teach 'em or they fail). Yet when looking at representational figurative art, both artists and non-artists had comparable arousal and ability to pay attention and evaluate the art stimuli. This shows us that abstract art requires more 'expertise' (brainwashing) to 'appreciate' it than does figurative art. In other words: the meaning must be supplied through social programming – naturally we don't like meaningless drivel unless

conditioned otherwise. Our instincts have been overridden and programming has taken their place.

Personality traits and art appreciation.

‘Disinhibition’ and ‘Neuroticism’ as traits have been positively linked with positive ratings of abstract art. These people are the people who produce ‘modern art’ etc. Much of which is very similar to so-called ‘Brut Art’, the ‘art’ of the psychotic.

‘Thrill and Adventure Seeking’ and ‘Conscientiousness’ have been linked to the liking of representational art. These types tend to be people who express themselves clearly and like others to do likewise.

‘Openness to Experience’ was linked to positive ratings of abstract and representational art. These are the impressionable folk.

Instinctive responses vs. pleasing the herd.

Studies in implicit, automatic evaluation of art works have discovered how people react to art in the split-second before they had time to waffle about it. Remember there is great pressure to appear up to date, ‘with it’, trendy, to conform and fake expertise when viewing art. Go visit an art gallery – pretentious is not a descriptive enough word. Most people fear being judged negatively, even by total strangers.

- In **implicit evaluation** we all react much more positively to the representational/figurative art. This is our unconscious response – measured by neuroscience.
- However, in terms of **explicit evaluation** (rationalisation-herd mentality), when people had to think about the art, there was no real difference in conscious evaluations between abstract and representational art. They probably said stuff to maintain their sense of self-esteem, please others etc.

While art experts want to appear to be ‘cultivated’ and ‘intelligent’, the rest of us view art looking for familiarity and pleasure. Actually we are

appreciating the talent of the ‘sub-creator’: someone who can reorder the real in beautiful, creative and meaningful ways. We call this talent.

NOTE: Politically, Surrealism was Trotskyist, communist, or anarchist. The split from Dada has been described as a split between anarchists and communists; with the Surrealists as the communist faction. These nut cases thought of their work as being part of as the ‘effort of humanity to liberate imagination as an act of insurrection against society’. In other words - destroy the West by destroying its values.

If you have seen them, think of Damien Hurt’s half-shark corpse floating (gloating?) in formaldehyde and his ‘angel’ with its innards hanging out; if you have seen the useless, futile and pathetic work of Tracie Emin, for example ‘My bed’, which showed a disgustingly dirty bed with blood stained underwear and used condoms; you will know to what depths ‘art’ has fallen.

But of course none of this is true art. Both of these creatures need a patron. They have him in the form of the infamous Ad man Charles Saatchi who recently found new notoriety by choking his ex-wife Nigella Lawson in a restaurant (for which he received a police caution). So really, all these people’s infected vomit called ‘art’ is simply that which pleases the tastes of a Charles Saatchi. Since when has that been the definition of what Mankind calls art? Why does he like art so blatantly anti-human? The Medici sponsored real artists but they did it with class.

So what does this field of cultural hypnosis leave us with: confusion and nihilism? Nice. If a culture doesn’t celebrate life, love and beauty, what does that say about it? What is it suggesting we value to the unconscious?

THINK

THINK

THINK!

Sometimes I think the Communists won the ‘Cold War’; and when the Berlin Wall came down it symbolised the total penetration of the West with

subversive ideas. Discuss. It is not well known that that was Gorbachev's real strategy.

Interesting end note:

In Egyptian magic the creative process was highly respected, being considered a part of the 'formative magic' that brought the material world into existence. This is the idea that inspired Tolkien: that of artist as 'sub-creator'. To the Egyptians the idea of carelessly creating giant movie screen size images of evil people and their acts would be considered highly reckless, and that's an understatement. The ancient Egyptians believed that **to represent evil, even in art, was to enhance its power!** When it was for some reason necessary to depict the dark gods – their physical size was minimised. The belief was that the evil spirits must never be given more power than they possessed by allowing the perception to predominate that they were somehow 'larger than life' in their potencies.

Magic mumbo jumbo aside, Post-Western culture injects images of evil people and their deeds into the minds of the masses on a daily basis. Is this healthy? Does it create a generalised lack of optimism in man and in his future? By focusing on seemingly insane acts and their perceived insuperability: do evil acts become more powerful in their demoralising effects? I do not have the answer.

Does Man need myth and illusion?

The simple answer is that it would appear so. Lipsky says that man has a 'myth making instinct'. What is that exactly? How does it function/express itself? It is fundamentally based on **man's wish to shape reality to his desires**. This he labels the 'will to illusion'. Past, present and future are merely malleable concepts to be created at will. **Note: all myths purpose is to act upon man in the present.**

The purposeful function of religious myth, when it works, is to express truth in mythic form. This however seldom occurs. Examples of these convenient hypnotic realities called myths are...

- Nations and city states 'origin' myths – Athen's founder was supposedly Theseus. The Minotaur represented the old regime he

deposed. This creates a groundless/fictitious group identity and esteem.

- The French Revolutionaries displayed various images, pictures and symbols of what the results of their Utopian revolt would be. These were fantasy but they put fire in the minds of men and motivated them to try to make illusion real.
- They can be used to create white as white 'heroes' and black as black 'villains'. 'Great men' and 'hero-worship' seems essential to man on earth. It leads to no end of problems when feet of clay are revealed in due course. Man's tendency in this respect is intensified during stressful 'times of troubles' when a 'saviour' is sought*.
- Historical events become soon forgotten: stories can be fabricated which spin the event the way the historian's paymaster wishes.
- In World War 1 the Allied generals believed the myth that 'the master-mind with his master-plan' won wars: even after the catastrophic results of this belief became self-evident on the Western front.

(*More on this below.)

How 'great men' invent themselves.

All of histories so-called 'great men' (a term wheeled out for high body count imperialists) know the importance of acting ability and a kind of cheap-hack theatricalism that appeals to the mob's basest instincts. As a result of their expert PR they may defeat an enemy through fake prestige alone – it is essential that the opponent be hypnotised that the pseudo-estimation is quite real through propaganda! Also you believe your own hype at your peril. As someone once said of the actor Kirk Douglas – 'The problem with Kirk Douglas is that he thinks he's Kirk Douglas!'

The trick is to devise such ends so as the opponent, be he ever so skilful in reality, psyches himself out and loses his nerve. The myth of a 'Napoleon' captures the imagination and is more important than the real world one, who takes a sh*t and picks his nose like the rest of us.

Fictions are essential to such creatures. Successes must be publicised, narcotic trance words like - 'Justice', 'Democracy', 'Freedom', 'Fair play' etc. must be doled out as never-ending ear candy. If you can con a people that you hold all the 'ideal virtues' of a 'national type', you've got it made. Despite the public's claim, they love showmanship, immodesty and rank shameless publicity: they are in fact addicted to it, if nothing else it gives them something to talk about.

Remember to tell people what you 'stand' for. Sitting for something is far too passive. You need to carefully inject pictures into men's minds that build up your 'legend'. These should suit the character you have invented. This legendary you must only grow and never contract. Each PR stunt must 'reveal' some hidden and unsuspected wonderful superhuman attribute. In reality you are just a 'Prince of Humbugs' as the truly legendary self-publicist P.T. Barnum declared.

Professional myths.

This is one of the greatest myths going. **Every profession which gives its member high social standing must propagate the myth of the archetype who 'represents' all within it.** Doctors, dentists, judges, politician all do this. By conjuring up such fictitious archetypes they hope to hypnotise you into not noticing the very fallible real doctor, dentist, judge etc. before you. They borrow imaginary prestige from a mirage. Conformity of thought, dress, style, manners etc. help to maintain such illusions. As you can see myth is needed so that some can eat!

Religious illusions.

The mad philosopher Fredrick Nietzsche believed that man needed religion just to cope with reality and removing it would harm people. In religion the laws of truth and fictions (general reality) are cast aside in the face of 'dogmas'; at least in traditional models of any religion. Sooner or later all religions are questioned and the process of collapse begins. True faith means to never doubt the 'Holy Book's' revelation as anything but history and fact; modernist interpretations offer ageless symbolic principles underlying all myth and religion, in extremis this becomes a kind of New Age ecumenicalism.

Concepts such as ‘heaven’ and ‘hell’ are found in many religions and were merely ways of creating public ‘morality’ as it served and serves a given elite in any time or space. Priesthoods hypnotise followers with imaginary devils and angels in a kind of hypnotic Skinnerian conditioning feat. The earlier you implant such pictures, and that’s all they are, the better: they get ‘wired’ in and form the child’s hologram permanently.

The other function of such myths is that they hypnotise followers that the ‘bad guys’ get it in the neck in the end: so just you hang on in their kiddo! This is known as ‘poetic justice’, probably because it only exists in poetry! In reality the crooks are running the show and the lowliest of thieves gets away with his crimes more often than not. Cop TV shows con the public that they get justice in this life: we really don’t usually. Nemesis is a wonderful theatrical device rarely seen off stage.

The myth of ‘freedom of will’.

Our entire moral and legal basis of society is that we have that phantom - ‘freedom of will’. However psycho-physiological disruption of all children’s natural information processing systems from just after birth onwards suggests otherwise. How many times do we do what we *have* to and not what we want? That is, what we ‘will’? The amount of cultural hypnosis of a nominally political, overtly religious, cultic, media inspired etc. nature suggests that perhaps about half the population or less actually have any freedom of will or true choice when information is controlled and rationed. Genetics, environmental factors too numerous to list, the lifelong process of ‘education’, ‘information restriction and exposure’, changes in metabolism, gland function alterations all play a part in human behaviour. Free will? Wishful thinking.

Deflation, debunking and reforming mythical assumptions.

I run a media news outlet: I show you a photo of a celebrity. Your response is whatever it is – you love ‘em, hate ‘em etc. Then I include a voiceover that tells you, with authority, that evidence had come to light that this person is in fact a paedophile and has been living a double life.

All myths get debunked sooner or later. All big-egos get deflated sooner or later. There is always someone out there who can see straight through the bullshit, someone who the educational process has not managed to bash out their common sense. The greatest debunking method is satire. This is why in the UK the Establishment has always had at hand its own 'satirists'. In the 1960's a series of so-called 'anti-establishment' comedians and broadcasters appeared – Dudley Cook and Peter Cooke, David Frost and the Monty Python gang: all Oxford and Cambridge graduates who were satirising themselves. Really???

Debunking not only has a positive function in belittling those who have got too big for their boots, it can also be used as a weapon to destroy perfectly healthy existing institutions and traditions. This is where myths of 'progress' and 'reform' are vital. **To lead men from one state of affairs to another you must stir disaffection – you highlight current problem (focus the mind) and stir men's imaginations with 'solutions'.** Often myth is not replaced by truth but by 'new' myths. Man is forever chasing hypnotic holograms which are impossible to realise - and if he could think, undesirable to achieve to boot.

Illusions of reality.

'There's no business like show business, like no business I know...'
Seemingly nowhere is man's unquenchable thirst for myth so nearly but not quite satisfied as in the 'arts'. **Art consciously creates appealing illusions that fixate the spectator.** Press releases for the latest young starlet pronounce her a 'major talent'; she is not just reasonably attractive but 'stunning'. Theatrical plays entail grown adults running about on stages making fools of themselves while we gawp, laugh and fart in amusement. When watching a play, movie or commercial we alternatively engage in...

- Identification processes with one or another character based on gender.
- Judge and reflect in the privacy of our own minds on the ongoing process.

- Go off on little trances triggered by certain acts and words within the storyline etc.

In other words we fractionate in and out of full and semi-hypnotic processes. The ‘artist-propagandist’ seeks consciously and unconsciously to shape his art so as to shape your mind into possessing the same set of emotional associations and perceptions as he has or wants YOU to have. When I had a TV series optioned by a TV company in the UK an ‘educationalist’ (actually a politically correct Commissar) examined my work and suggested alterations so that it would be more PC. Really. She loathed the idea that a man had created a children’s TV show and demanded a woman narrator even though I didn’t include one.

The influence of ‘art’ on behaviour.

As I have said in other books: man is an imitating creature. Art supplies his models of emulation. Morals may be changed by plays and films. Stories can alter how you ascribe ‘social value’ to various groups in society – up or down. Who you hate or find attractive, where you go on holiday, what you buy, put up with and permit can be influenced by reading one book, watching one play or viewing a series of commercials – *art is a hypnotic idea downloading device for humans*. This is done by the ‘artist’ selecting a thin stream of information that he wants you to consider while experiencing his product. Implicitly and explicitly he or she is editing reality so that you act upon their symbolic suggestion that such and such is the way *we should all* think, feel, perceive and hence live. Like hypnosis artistic media can cause subconscious re-associations to occur; subtle yet powerful reframing and profound alterations in perception can and do take place. They may even ‘overwrite’ traditional genetic/instinctive tendencies. **Art can physically rewire human brains.**

‘Realism’ in art.

‘Realism’ is a more recent development in what were Western art forms. In essence the reality of ‘realism’ is – swearing, pornography, extreme violence – human mutilation graphically depicted and sexual assault, family breakdown and other forms of artfully contrived moral rot. Beauty is shat on, the ugly is deified.

'Thought' is not reality.

The philosopher of science **Hans Vaihinger** maintained in his book on 'essential' myths in 'science' – '**Die Philosophie des 'Als Ob' (The Philosophy of 'As If')**' that the future life of science and its 'progress' could only be maintained by producing speculative myths to capture the imagination of a credulous public. He stated that ***thought is not reality but a means of dealing with it.*** Thoughts and events though potentially occurring simultaneously are not inherently linked. Myth, fiction, assumption, rationalisation, cognitive dissonance, supposition, speculation and downright invention are all regularly employed as tools of interpretation and meaning. This is actually quite normal and in a sense 'healthy'; but it's not necessarily a way to form an accurate hologram.

Sick people often have few illusions, hypnotised by the overwhelming reality of the problems that beset them they focus their attention on themselves. Paradoxically the happy, energetic, joyous person may be the one most filled with much illusion and myth, delusion and downright barmy ideas. The weak-minded especially NEED illusions it seems, just to be able to function.

One can never escape other's illusions; for although fantastical they are none the less real and these fictions impact on material reality. Some see how others are brainwashed and manipulated and seek to alert their fellow men because they care. Others, seeing that illusion is king, create and propagate their own in their relentless 'will to power'.

Tolkien on myth and language.

The author of the Lord of the Rings, Middle Earth mythos believed that language was a 'disease' of myth. He believed that Christianity (his version of it) was a 'true myth', a myth created by God in material reality. I would say that I think that **language is a uniquely human and pleasurable tool; that is ruined by bad myths!**

Here endeth this part of the lesson Padawan.

Weather hypnosis: Are people weather operated?

The answer for the majority is yes! I have always found this to be true. People are less likely to go out if it rains. They like to go to the local park if it's sunny. Girls wear bikinis in the heat and wrap up in the snow. During political elections people are less likely to vote if it rains heavily. Obvious but important as to what it tells us about humans and weather: humans are weather operated. I found that my hypnosis clients were most willing to call me from early May (unless it was a mild April) to mid-September (unless it was a mild October) when the climate of South East England is generally warmer and drier. No ifs or buts. Are people less willing to 'face up to' personal problems if the weather is too cold? Do we prefer to hibernate from reality?

Studies in the US in the early 20th century proved conclusively the optimum environments for civilisation and working 'efficiency' and 'productivity'. What then were these?

- 38F or 3.3C proved to be optimal for mental activity and alertness. This included climates with mild frosts at night.
- 60-65F or 15-18C proved best for optimum physical activity.
- 70F or 21C in the midday sun proved best for optimum physical activity at that time.
- Mild changes in climate with frequent cooling is preferable. Constant temperatures were not stimulating enough to be conducive to productive work.

Certain climates depress or stimulate humans: fact. Hot, humid, equatorial climates make people of all 'races'/ethnicity tend toward lethargy, low productivity, increased sexual appetite, violence and idleness. This is well known. Humans don't work so well when they are being cooked. Your local weather system controls/influences peoples' behaviour more than you know: it many ways it creates your 'culture'.

Weather and mood: is there such a thing as 'Good' weather?

One of the things I find really bizarre about 'our' culture is the idea of 'good weather'. It is a meme propagated by those repeated failures weather

forecasters that only sunny weather is ‘good’. This good weather programming may even be the cause in some cases of so-called SAD, ‘Seasonal Affective Disorder’. What won’t hypochondriacs believe!!? This is usually caused by Vitamin D deficiency because people stay in too much in winter. I have met many English clients, all designed by nature to survive in the cold North, who complain of this willo-the-wisp ‘disorder’.

Yes we feel good on a sunny day but if it doesn’t rain the crops won’t grow. Who doesn’t enjoy the beauty of a snowy day? Stop moaning about any other type of weather other than blistering sunshine: no wonder you’re f**king miserable – you want the impossible! All weather, all seasons have their pluses and minuses, beauty and annoyances. Here’s the thing: grow up and deal with it!!! And stop listening to weather predictors who are wrong 90% of the time. They may as well study animal entrails or tea leaves!

Sun behaviour and human behaviour:

Prepare for weirdness – sun behaviour has been linked to an increased risk of suicide in a study by the Indian government’s department of physics by P.L Verma and co carried out between 1989 and 2011. Sunspots, solar flares, cosmic ray intensity and coronal index are all positively linked to increased depression – sun intensity maximums create suicidal behaviour in some people. Melatonin levels are known to increase anxiety in response to the brain detecting sun activity alterations. Low sunspot activity and solar flare rates are linked to increased suicide risk. Even various heart problems have been linked to sun and geomagnetic activity. Murder rates also increase which is why Shakespeare set Romeo and Juliette in summer – violent crime increases with heat. Car accidents are linked to sun driven geomagnetic alterations – this new field of study is called ‘Clinical Comsobiology’. **The sun alters geomagnetic activity and this impacts on human health.** Brain malfunctions including strokes are linked to rapid physiological reactions necessitated by changing ‘space weather’.

The reason I include this is because we have all been conditioned that the sun has no behavioural impact on people other than making us hot and a bit testy. I have noticed that on very hot days in the UK people behave very weirdly, drive badly and that teenagers are excitable and somewhat out of

control. We have all been assuming too much, which is really the height of arrogance. Do we ‘moderns’ really know everything? Doubtful.

Is everyone a ‘conspiracy theorist’ now?

‘A paranoid is someone who knows a little of what's going on.’

William S. Burroughs.

Let’s consider thought and danger. We are born with an innate desire to survive – the survival instinct. No matter what programming we have received from cultural hypnosis this is a fact. This is the basis of our fight or flight response. We know this.

However this planet is infested with many people who are essentially ‘zombies’ in that they cannot think for themselves; those who swallow wholesale and uncritically the version of ‘reality’ portrayed by the cultural hypnotists of whatever kind. These people are waking somnambulist ‘true believers’. They are sheep and do what they are told. These gullible fools **internalize the ‘narrative’/holgram and their brains process this information as if it were actually true and real. Their perception of the material world is *physiologically* influenced by this artificial narrative** – we know this from our studies in part 1. Artificial narratives/holograms/propaganda can only be viewed and analysed in terms of what the programmer’s goals are. Noticing discrepancies (detecting conflict) and recognising the almost total disconnection between political agenda driven narratives and the actual witnessed reality on the ground is our only hope.

Powerful elites have, down through history, and still do to this day control the flow of information as best as they are able: it is one of the key factors in maintaining power. This decadent ‘dominant minority’ as historian Arnold Toynbee named them, are in the process of exhausting their psychological strategy of incessant propaganda. We have watched the same bullsh*t script over and over, telling us we are achieving ‘progress’. But nowhere on earth do we see any evidence of this jam tomorrow ‘progress’ - perpetual war, famine, exploding physical and mental disease, familial and social breakdown, economic breakdown, barbaric violence of all kinds and

a lack of any social cohesion or prosperity for the vast majority of people who end up as hypnotherapy clients if they are lucky enough to be Post-Western. We are in the sh*t big time and we are just digging deeper into the dung – to pretend otherwise is de facto psychosis. In fact many people do see such signs as ‘good’; these people, found amongst elite groups and their hangers on, and their ever-dwindling minority of brainwashed supporters are ‘functionally psychotic’, as a ‘cult member’ is by any meaningfully correct definition of that term. One way or another we are witnessing the end of an Age; always presaged as they are by a ‘time of troubles’. Padawans take note:

A magic spell is simply an illusion that people believe.

The Rogue Hypnotist is no tin foil hat conspiracy theorist but if you have eyes to see and ears to hear...

What is a ‘conspiracy theorist’?

This was a term (‘conspiracy theorist’) originally coined by the Warren Commission (official cover-up) into the JFK assassination to label anyone who disagreed with its findings. That makes most of us a conspiracy theorist then I guess!!! This term is used to label any critical-minded dissenting opinion from the ‘official narrative’. It is the same technique that was used in the Soviet Union to label anyone who dared to express their opinion that the Soviet System was human devilry incarnate.

In fact human history is the recording of an unending series of nothing but conspiracies by competing ruling elites to seize more wealth and power. The Norman Conquest was a conspiracy of Normans to take over England in 1066. The Bolshevik Revolution was a conspiracy to take over Russia in 1917. Napoleon and Hitler, Caesar and Mao, Pol Pot, General Pinochet and more were simply conspirators who conspired and won and in that success called themselves ‘conquerors’.

There are only two types of information – accurate and inaccurate. And it is up to us, as free thinking individuals to try to work out which is which,

is it not? ***In trance, we can be fooled and programmed into believing that the inaccurate is accurate.*** Only misery can ensue.

This does not mean we should believe any pie in the sky nonsense – to go that way leads back to the ‘cult-mindset’ from which all should seek escape. I have never seen David Ike’s ‘Lizards’. It does mean that to point out the obvious, the controversial, the un and insane, to declare that the Emperor has no clothes is not a sign of ‘paranoia’ or ‘schizophrenia’ but simply telling your truth as you see it. In mad times, such is a revolutionary act as George Orwell once wrote.

Results of recent scientific studies on ‘conspiracy theorists’.

A series of studies by psychologists and social scientists in the US and UK suggests that contrary to mainstream media stereotypes, those labelled ‘conspiracy theorists’ are actually saner than those who accept the official versions of varying ‘contested’ events. The most recent study was published on July 8th 2014 by psychologists Michael J. Wood and Karen M. Douglas of the University of Kent (UK).

Subjects were divided into two groups:

- ‘Conspiracist’.
- ‘Conventionalist’.

What they found was startling: the ‘pro-conspiracy perspective’ in a wide variety of ‘contested events’ is now the popular conventional wisdom, while the anti-conspiracy crowd are becoming a small, ‘beleaguered’ minority.

They noted that on a number of controversial subjects, the ‘anti-conspiracy’ conventionalists often displayed a great deal of extreme anger and hostility: they were generally far more hostile when trying to persuade others than their rivals. This is similar to the reaction cultists have when challenged or when a deprogrammer is trying to ‘de-bug’ them as it were. Although I do not share the views of many conspiracy theorists, being more of an ‘agnostic’ on a variety of issues, I found this interesting.

Note: additionally, it turned out that the anti-conspiracy people were not only hostile, but *fanatically* attached to their own conspiracy theories as well. All ‘official narratives’ which themselves are de facto conspiracy theories are believed indisputably ‘true’, rather than as possible models that could be updated as new evidence comes to light, say as in the case of a miscarriage of justice. The so-called ‘conspiracists’, however did not pretend to have a theory that completely explained the varying contested events: the so-called ‘tin foil hat brigade’ did not focus on promoting a specific rival theory, but in trying to debunk the official account. They were looking out for discrepancies (conscious mind conflict-monitoring). In other words – their brains were functioning normally.

Wood and Douglas’s report suggests that the negative stereotype of the ‘conspiracy theorist’, so vaunted by the elite owned media as a hostile fanatic devoted to his own ‘fringe’ theory – actually accurately describes the people who defend the official narratives and not those who simply often just question it. They are also more likely to discuss the historical context of events.

Psychologist Laurie Manwell of the University of Guelph stated that the ‘conspiracy theory’ label **impedes cognitive function**. She pointed out in an article published in American Behavioural Scientist in 2010, that ‘anti-conspiracy’ people are: **unable to think clearly about apparent crimes etc. due to their inability to process information that conflicts with ‘their’ pre-existing belief**. Wery - Interesting.

In the same issue of ABS, University of Buffalo professor Steven Hoffman wrote that anti-conspiracy people are typically prey to strong ‘confirmation bias’; basically they seek out information that confirms their pre-existing beliefs, while using ‘irrational mechanisms’ such as simply labelling something as a ‘conspiracy theory’ to avoid conflicting information. In other words they were incapable of rational debate, they do not engage in higher cognitive processes associated with healthy frontal lobe function. Hmmm?

The habitually extreme irrationality of those who attack ‘conspiracy theories’ has been pointed out by Communications professors Ginna

Husting and Martin Orr of Boise State University. In their 2007 peer-reviewed article titled ‘Dangerous Machinery: ‘Conspiracy Theorist’ as a Transpersonal Strategy of Exclusion’, they explained...

*‘If I call you a conspiracy theorist, it matters little whether you have actually claimed that a conspiracy exists or whether you have simply raised an issue that I would rather avoid... By labelling you, **I strategically exclude you from the sphere where public speech, debate, and conflict occur.**’*

(Highlighting mine.)

It seems to me that the term ‘conspiracy theorist’ is now healthily losing much power it once had. It has been overused, so that even if it were a valid label, and to a certain extent at times it may be, the boy has cried wolf once too often and extinguished a response, Skinner style.

Perhaps we merely live in an age of socio-political authoritarianism and high intolerance posing as its opposite? I leave the conclusions to you. It is not a crime to question and think and ask questions that are upsetting, it is the bedrock of true democracy, freedom and what little of conscious thought that still remains. Surely the only thing that matters is finding truth? Apparently not. I like to listen to all side and make up my own mind; you? Now let’s look at our ‘hypnotic future’.

Crisis of the new: Future Shock!

NOTE: The Rogue Hypnotist is not some pointless ‘anti-globalisation’ protestor. He works in private health care and notices what makes his clients ‘ill’, ‘dysfunctional’, ‘stressed’ etc. If it was not for a global corporation - Amazon, you would simply not be reading this book! Globalisation is a highly complex and unfolding process: it has made him a nice sum of cash! My real role is to point out how it CAN damage some people.

The biggest threat to human mental health is ‘**Future shock**’ as identified by **Alvin Toffler** in his book of the same name. Future shock is? Think of ‘culture shock’: entering a new and alien culture and experiencing stress at just how different and new it all is – it can be disturbing and disorientating –

all the small things, the customs and traditions you took for granted are gone. Future shock is the shock of the never-ending process of technological and social change that is occurring and as yet continually presupposed by what we call 'globalisation' – the standardisation of world culture into a super-industrial global society. This process of constant and uncontrollable change and impermanence is physically and psychologically destabilising and one can never 'adjust' because it never stops! It is a state of permanent impermanence. What specific qualities of 'change' create future shock and how can you escape it? Is that even possible?

Transience, accelerated time and unconscious time programming.

Post-Western culture has a very short attention span: interactions, relationships, the durability of things and institutions are in flux. The culture you have been hypnotised to accept is historically abnormal. If you think it is normal you are technically insane. We have throwaway food, clothes, friends, sex – you name it, we can get a new one of anything and fast! People in towns have an artificial sense of time. Their sense of time is too fast for good health. We are given our sense of time as children. We unconsciously learn to encode how long we should expect things to be. Daddy takes this long approximately to play with me. Mummy spends this long doing x, y and z. We start making generalisations and assumptions about how long things, anything endures. A child living now can visit a city and expect buildings he or she knew to be gone, replaced in a few short years. Modern cityscapes are in a state of ceaseless 'renewal' without rest. 100 years ago, a child in a city would have experienced a more enduring architectural environment, would have had a greater unconscious sense of place, certainty and security. No longer. Societies that are 'Westernised' see an explosion in mental and physical disorders in short order. This is because Post-Western society is literally inhuman. Millennia entrenched human needs are not considered, they are irrelevant: YOU don't factor into the equation.

Changing cars yearly, property (the tendency to rent), consumer durables (cheaper to buy new than fix by design!) theatres' and houses' interiors that can be altered at will create a sense of the ephemeral. *Our bonding mechanisms become less intense overall: promiscuity of place, person and*

product seem normal. This is the ‘softening’ of the Polynesians I wrote about in the section on childrearing. As such all these ‘things’ have or are reduced to a utilitarian value only.

Change and loss.

Change = loss, and loss = anxiety and depression. For some this can lead to full psychosis. **People can and do adapt to gradual changes, but when the rate of change surpasses the normal rate of adaptation people get severe mental and physical health problems.** The rate of ongoing loss without any stretch of stability is simply too high. People who grew up with horses lost the ‘horse world’ to the steam train. The generation that followed grew up used to that fact: the new reality. The world however has sped up and up and it hasn’t slowed since. The changes to the late 19th and early 20th USA in terms of population growth, dramatically changed the composition of populations and the high velocity rate of technological turnover and feedback (technological changes spawn other technologies and industries to support it, leading to more and more invention and change and loss) was too much: the asylum inmate population exploded by almost 500%! ‘Change’ (that beloved non-specified verb) can mean improvement or destruction, evolution or devolution depending on whom you ask and what their criteria for such referents is. We live in the era of the ‘Change Nazis!’

City life and the death of spontaneity.

When we live in villages and grow up knowing everyone around us, we relax, we can be ourselves – our social environment is secure and stable; the customs are fixed – we don’t need to think about them. The responses of others are known, predictable, safe. Daily social behaviour becomes unconscious; in other words self-consciousness and self-monitoring is not needed or at least dampened.

The constantly shifting population environment of strangers in cities must by force of reality make us guarded, suspicious of the constant sea of new faces that remain masklike, unpredictable and ultimately unknowable. Neighbours move on too rapidly for a sense of security to evolve. We

monitor how we behave because the sea of anonymous others becomes a potential threat. This is especially so and pronounced when totally incompatible cultures of any kind rub shoulders. This does not even take into account the psychological effect of too many people in too small a space. The end results will only be 'violent' in more ways than one. The results of over-crowding and disease contagion (real and informational) are well-known from 19th century slums. 'Cosmopolitanism' was always one of the aims of ancient Gnosticism. Increasing urbanisation, the ant nest city state is very real the future shock trend.

The throwaway society.

Another threat to psychic health and so physical health is the future shock of 'disposable relationships'. To things, places, people. **This produces a state of permanent psychological flux which makes people readily programmable.** This simply reminds me of Yeat's poem,

'The Second Coming' –

'Things fall apart; the centre cannot hold; Mere anarchy is loosed upon the world, The blood-dimmed tide is loosed, and everywhere the ceremony of innocence is drowned; The best lack all conviction, while the worst are full of passionate intensity.'

Mindless mantras such as 'The only permanence is change' (what about death, taxes and idiocy?) will not make people feel one jot better. **Humans intrinsically need stability and security.** Future shock makes even this natural desire a thought crime.

To go into all the permutations of Future Shock is unnecessary – you have been living with it your whole life; I had a lady client who bemoaned the fact that all her friends had moved away from her dying town; that young people didn't go to her church anymore – it had become a place for the old. I simply said,

'You live in an era of unprecedented change in human history. And it's only going to accelerate.'

But deep down she already knew...and so do you. I'm afraid this is the reality we face. Interestingly Future shock is nothing more or less than Trotsky's concept of the 'Permanent revolution'.

Save us from 'isms'.

Ideas are not neutral things – they are the very stuff that operates men's minds. The biggest threat to personal freedom and collectively induced holograms called delusions that people live by, are 'isms'. The 20th century was littered with them and the growing patch of purple human blood followed in their inexorable wake; the brain idols were and are:

- **Darwinism** - Whether right or wrong Darwin's books debased man to an animal level, took away his spiritual pretensions and led him to act like an animal and treat his fellow man the same. Man was dehumanised to the socio-genetic level. Darwinist theories find their origins in Hinduism in which man evolves from slime. Sections of both the Greek and Roman nobility were 'Darwinists'; evolutionary theories are nothing new. The mass murders of the 20th century would have been impossible without 'Social Darwinism'. Remember – 'On the Origin of Species by Means of Natural Selection, or the *Preservation of Favoured Races** in the Struggle for Life' was the original title of his work, while in the sixth edition in 1872, the title was changed to 'The Origin of Species'. Not many people know that these days. This is not to say there isn't a great deal of truth in Darwinism – self-evidently there is. (*My highlighting.)
- **Fascism** - A dehumanising system where corporations and state are one. God-like minority 'Elites' rule 'subhuman' majorities as they see fit. Sub-humans have no rights.
- **Marxism** - An intellectualised Fascism pretending to be your best friend. Like the wolf in little Red Riding Hood. Pretended to glorify the 'working man' as man-god before murdering, brainwashing and slaughtering him en masse. Through state run corporations (monopolies), Marxist societies pretended to aim at the creation of heaven on earth and created hell. Marx, like Hitler, was a member of a

Satanic group: the one to which Marx belonged was called the 'Doctor's Club'. 'Marxism' is simply a form of modern day Gnosticism.

- **Bolshevism** - The above without the pseudo-intellectual mask.
- **Nazism** - A bizarre offshoot of politicised theosophy. A systematic blood bath – essentially a short-lived killing machine: 6 million jews, 6 million poles, 20 million Russians etc. Pretended to be Germanic but actually satanic!
- **'Globalism' (the updated 'Imperium')** - The fanatical secular-religious idea or 'vision' that transnational corporations can produce a perfected, solely materialistic human habitat on earth that fulfils all mankind's needs. Actually an anti-democratic process of never-ending total war and destructive change for change sake – 'change' defined as 'beneficial' by schizoid technocrats. 'Globalisation' is just the latest form of the 'Imperium mindset' - its logical conclusion. There are two main factions within the globalism movement: transnationalists and internationalists. The first group are the financial elite of the globe; the second group are the 'political' bureaucrat class. Both seek a 'convergence' of Eastern and Western 'authoritarianism'. Various attendant New Agers and Mega-religionists compose the third sector of the movement.

We are creatures of localised habits; we notice all the little changes about us: the above groups reject this reality of the human condition and invoke misery across the globe. In the name of progress of course. **The Western media's job is to sell you that globalism is working rather than traumatising entire nations on mass.** One wonders for whom it is 'working' (???!). The TV tries to induce the trance of a 'global village' by showing you images that say, 'A million miles away is next-door.' The trauma will continue until 'isms' are no longer men's gods. If you have power, money and the will, you can impose your hypnotic reality on others. But at what price? What do we do about it? F**k knows! Survive it hopefully – till the next ism comes along. As if human life wasn't traumatic enough, we have isms to contend with. The 'trauma of living' will be dealt

with in book 9, which focuses on using hypnosis to cure anxiety based problems including trauma.

*Note: what makes ‘isms’ of varying kinds so seductive, compelling and dangerous is that all isms focus men’s minds on an **imaginary future experience** and his ‘earthly’ sense of temporality. Fear, avarice, the delusions that ‘World Peace’ etc. is possible – let alone desirable, ambition and worse are future paces, expectations that haven’t and won’t ever happen as promised. They are hypnotic-isms. Again: these ‘ideologies’ find their roots in ancient Gnosticism; but that is beyond this books narrow confines.*

Propagating propaganda: Bernays - again.

Uninitiated members of the public who don’t even believe hypnosis, let alone cultural hypnosis exists also believe that they know what the overused word ‘propaganda’ means. They do not, or they do so vaguely, ‘Isn’t that what Hitler did?’ Yes, but propaganda IS a form of cultural hypnosis, the most virulent and hardest to detect. I will now let you in on what the word propaganda means in experiential terms. I will outline some of the basic mechanisms of propaganda so that you can protect yourself and others from it. Two of the truly greatest experts on propaganda were Edward Bernays, the nephew of Sigmund Freud and father of ‘Public Relations’ (I have already written about his ahem... ‘work’ in ‘Powerful hypnosis’ and ‘Wizards of trance’) and French philosopher Jacques Ellul who wrote extensively on this topic.

Bernays on propaganda.

It is now time to cover the insights of **Edward Bernays** on propaganda. Bernays wrote a short, concise work, simply entitled: ‘**Propaganda**’, first published in 1928.

Bernie (as we shall nickname him) believed that propaganda was essential to create ‘order’ out of ‘chaos’. The question is – what did he mean by ‘order’ and what did he mean by ‘chaos’? **He claimed that those who manipulated the public’s habits and opinions were effectively an ‘Invisible Government’ who truly ruled and were in fact necessary.** He

regarded this as essential for the organisation of the masses; the ‘manipulators’ understood (and understand!) the following:

- The psychological processes of the mob.
- The social patterns of the mob.

He states that due to the mass of data on any given issue, in any sphere of private life, say economics, politics, social issues, commodities etc. it is necessary to have what you might call the ‘**editors of data**’ (my term): 1. They would sort the data. 2. They would highlight issues that needed focusing on. In other words they would decide according to their agenda what the public should be paying attention to: our old friend – a narrow focus of attention. The information selected from the mass of data as being ‘important’ is then funnelled through to the public via any given media through the communiques of various authority figures/authorised sources; what I call ‘**authority advocates**’ (sales people). *Not only that, but the information is taken on trust to be reliable evidence.*

This process was called ‘**capturing men’s minds**’. Bernie justified such machinations as being ‘essential’ so as to prevent the mob being overwhelmed by choices (he repeats this often to really drum it in throughout his book). And God forbid that men and women could choose!!!? Bernie admits openly that propaganda has been used to...

- *Manipulate the news.*
- Inflate personality. (Cult of personality.)
- ‘Attention getting’ (ballyhoo) techniques in politics, advertising etc.

Bernays believed (he was described by a daughter as ‘an enlightened despot’!) that his definition of ‘democracy’ required the moulding of the mass mind to, and here’s the kicker – simplify thought! He noted that megalomaniac Napoleon had said how woeful a mechanism force is at getting things done!

How dominant minorities control the masses.

The great mass of people can be controlled by dominant minorities – ‘Doms’ (my term). The plebs numerical strength can be directed along channels that suit the purpose of the Doms. Propaganda is the method of executing such designs. The public are their bitch-sub.

Literacy has not on the whole expanded men’s minds but filled it with hordes of stereotypes – on ‘history’, ‘science’ etc. **Bernie stated categorically - the media has facilitated the imprinting of these stereotypical ideas so that all think the same and originality of opinion is literally impossible.** As in cults. In fact one of Bernie’s definitions of ‘propaganda’ (BRAINWASHING!!!) was any scheme for propagating a doctrine. What in essence is the difference between a mind control cult’s methods and this approach? Zero. In fact the term ‘Propaganda’ found its origins in 1627, with a group of Catholic Cardinals who oversaw overseas conversion, and when Pope Urban 8th (Pope from 6th August 1623 till his death in 1644) ‘empowered’ the College of Propaganda in Rome to train priests travelling overseas to convert the natives etc. Urban was anything but urbane and was the last pope to spread his temporal territory by force of arms. Let’s cut the crap: ALL propaganda is a form of coercive psychological warfare - end of story. Like MacLuhan said – the medium is the message (90% of the time); there is no ‘good’ propaganda, there are no ‘good reasons’ for brainwashing anyone. The ends do not justify the means; when psychopaths state that they do, they are merely externalising their amoral pathology.

Another of Bernay’s definitions of propaganda was a relentless effort to shape or **CREATE EVENTS** that would mould the perceptions of the mob. He used more pretentious language, but that’s basically what he said. The most troubling section for me and I hope you is the phrase – **CREATE EVENTS**. This means that you fake things or make things happen that would not have happened in reality or ordinarily unless the Invisible Government Doms made or make it happen. If that doesn’t make you stop and think, I honestly don’t know what will. In action this meant...

- Creating events or circumstances.

- Creating pictures in men's minds. *It alters/changes etc. our mental pictures of what we perceive reality to be.*

In other words, 'Hologram installation'. In 'peace time', Bernie and his kind believed man should be as drilled and regimented as during war. Once men are brainwashed by such techniques they may prove unstoppably powerful. Mass approval of Dom's goals is absolutely vital to the Doms getting anything they want. Without mobilised masses Doms would be nothing. They are the parasite which manipulates the host. In fact some insecticoidal creatures do do this. It was the success of propaganda during WW1 that opened the floodgates on what is now common practise globally.

If men discover a power, the tendency is to use it. *Given sufficient influence, anyone can direct the public mind and action for a specified duration toward a specified goal.*

World War 1 propaganda tools.

Bernie outlines the part propaganda played in dragging an unwilling America into the pointless bloodbaths of Northern France in 1917 etc. You simply do the following:

- Use **total sensory bombardment**. All media - visual, graphic, auditory must be employed.
- Get the **key men** in pivotal social leadership positions on board. Someone whose 'mere word' will nudge the masses. For example take hypothetical authority figures a, b, c. Their followers may give you a great 'influence block' – religious groups, commercial interests, ethic based groups, social groupings, patriotic groups, 'fraternities' etc. The leaders literally tell their followers what to believe and think and the sheeple dutifully follow.
- You need every day '**idea injectors**'. Periodicals and publications of varying kinds that are a person's habitual opinion former and are brought 'on board' (the ship – controlled by a captain). Again – the editorial line tells the sheeple what to believe, what to think. Yes, people are this stupid! How easily we are all manipulated; makes you sick really.

- **Manipulate the patriotic instinct.** Use every day mental clichés and emotionalisms. Studying people's 'folkways' helps.
- **Atrocity propaganda and demonisation.** I have written about this in some of my other books already. People are disgusted, feel hatred, seek revenge etc. when confronted with tales of dastardly deeds. Of course the fact they never happened or are taken out of context, reframed etc. is by the by. It is once again hologram installation time.

The 'new propaganda'.

Bernie boy lets us know that all this stuff is quite old hat. There is a 'new propaganda' technique or theory. Okay, so what defines this new paradigm? The core theory is –

The individual and mass man are taken into account BUT the key factor is an understanding of the 'anatomy' of society. You must understand how given groups within a given society specifically interrelate. An 'individual' (sheep) is not only a part of a 'social organism' as a whole but part of a sub group, a 'cell' organised within wider society.

This is a systems theory of propaganda. The formula for constant propaganda is –

Con – backlash – downtime – Con. Ad infinitum.

- Con = goal directed propaganda. Propaganda need only work or take for a specified time period.
- Backlash = the later realisation of the con.
- Downtime = an interval to let the insult sink in and be forgotten about or at least the initial emotional arousal has dampened.
- Con = the whole thing starts over again with a new con. This process goes on indefinitely.

Fashioning fashions.

Let's say you sell some kind of fashion accessory, piece of clothing etc. It's gone out of fashion – what do you do. This is the process and it works.

1. Go to the source of fashion authority (Paris); get the fashion houses to produce outfits etc. which include your item.
2. Use a world famous model, female aristocrat, actress and get her wearing your goods.
3. Once you have CREATED this artificial event, the fashion magazines etc. promote it widely. Newspapers will be next. Department stores will follow suit. *The mass of women WILL slavishly follow.* They have been conditioned that being 'fashionable' = male attraction.
4. The female sheep will rationalise her action by saying, 'It was in fashion. I like it etc.'

By the way, the wives of the Power Elite often own and edit fashion magazines. So what is the formula above for creating fashionable ideas or ideas that can be fashioned? I call this the '**6 step hub of influence chain of command**'.

1. **Idea or product that needs propagating**: Hats, ideas etc. This is the core of the message. Everything else is built around it. What follows is the *process of propagation*.
2. **Locate most influential source 1st**: In the example above, Paris fashion houses.
3. **Locate/create a specific personification that symbolises/crystallises the idea**: In the above an actress, heiress etc.
4. **Create event/circumstances that symbolises x (product, belief etc.)**: Put the personified symbol into some environment/media/circumstance that symbolises the idea etc. and notably imprints it on human minds. In the above example this would be a fashion shoot etc. which is then widely publicised in a fashion magazine.

5. **Lower hierarchy spontaneously follow**: Once you have set things in motion, the lower functionaries of influence toe the line and promote x to their advantage. This need not be coordinated but should happen in a kind of cultural 'trickle down' effect. This is known as the 'Fuhrer principle' whereby all Hitler's subordinates acted in such a way as they thought would please him without being explicitly told to do so. This might also be called '**self-policing**'.
6. **Public/masses respond to cultural hypnotic programming**: The general public respond unconsciously and then consciously rationalise their actions over which they have no control.

Idea - hub source - personification symbol - event symbol - Fuhrer principle - response.

If you know exactly where to leverage influence and how, you can programme almost anyone. Remember, just like material things you can make ideas 'fashionable' or 'unfashionable'. When someone says, 'That is unfashionable,' though they know it not they are really saying, 'Z is good because an artificial symbol of authority brainwashed me that this is so.' In order to protect ourselves from such symbolic programming we must ask ourselves something like, 'Are timeless principles to be regarded as temporarily expedient because Dom group Y says so?' 'Is arbitrary transience a secure foundation on which to build a stable and secure civilisation?'

Let me ask you a question: who voted for the so-called 'Invisible Government' of Bernays' and his ilk? Quite.

How to get 're-form'.

To get any kind of 'reform' (what kind of re-forming you want is another matter), you must **focus** the minds of the masses so that they may 'realise' a given desire. An issue must be made 'articulate' – that is organised coherently and so made vocal to a key point of influence in society: namely some political body etc. Bernie states that the selfish 'intelligent' (cunning) few (Doms) create the ideas, goals and actions that the majority act upon

that shaped America (not just there, the world!). *Make no mistake: small groups make mass man act as they wish.* It was ever thus.

The propaganda artiste!

Attitudes can be 'adjusted'. In what range of human activities is propaganda present?

- Any idea being sold is being sold by propaganda.
- Who we should like/admire and equally who we should hate etc. This can take the form of 'puffing' or character assassination.
- What to believe about issue 'K' (K being anything you want people to believe).
- How to design/decorate our houses, gardens, accessories etc.
- What clothes to wear. (What are we babies? Can't we dress ourselves!?)
- What food to eat.
- What restaurants to visit and which to avoid etc.
- What sports and keep fit activities we should do.
- What 'entertainment' we should patronise – films, TV shows, plays etc.
- Which charity we donate our hard earned cash to and which ones we don't. (By the way 'charities' are big business; if someone was to expose the rackets they are!)
- What ahem... 'art' you should like.
- The words you use to speak with.
- The jokes you tell.

Pretty comprehensive and pretty all-encompassing. As we were talking about 'hubs' of influence, exactly who is influential? Who are the great

cultural hypnotists of our time? Sure we know all the big and obvious ones – I outlined them in my 3rd book, ‘Powerful hypnosis’: presidents, CEOs etc. But what about what Vance Packard called, ‘The Hidden persuaders’? It could be a tailor for rich men. The advice he gives to his client may then be emulated by those lower in the social hierarchy. As mentioned earlier in the section on education – a relatively small group of men at any one time effectively dictate educational policy to the masses; like it or lump it! It could be the hairdresser of a wife of the power elite; or her professional makeup artist; a prized interior decorator too. **As the task of propaganda is extremely expensive, usually only the wealthy can afford to utilise it.** But propaganda is such a direct word; can’t we euphemise it a bit? I mean we don’t want people knowing we are what we are: imagine bringing that up at a conversation at a party – ‘What do you do?’ ‘Oh I herd the sheep by managing what they think, feel and how they live; you?’ No, you need to call yourself...

What the f***k does a ‘public relations council’ do?

What a slimy phrase, but believe it or not such creatures exist. Imagine a little boy with his mom/mum. ‘Johnny what do you want to be when you grow up?’ ‘Why mother – a public relations council like any self-respecting boy in kindergarten!’ Weirdness. PR men believe that ‘communications’ between any two groups are a matter of ‘understanding’. So what does the PR man do that is so effective?

The key aim of a PR functionary is to get ‘**public acquiescence**’. And talking of keys, the key word here is acquiescence. What exactly does it mean?

Derived from the verb to ‘acquiesce’. First recorded use - 1610’s; from Middle French ‘acquiescer’, which is ultimately from a Latin source ‘acquiescere’ – ‘to become quiet, remain at rest,’ and so ‘be satisfied with’. Meaning of ‘silent consent’ is first recorded from the 1640’s. Roots of word structure = ad - ‘to’ + ‘quiescere’ - ‘to become quiet’ from ‘quies’ – ‘rest, quiet’. Still, rest, quiet = hypnotised.

Ideas NEED public approval to = ACTION. A PR man brings an idea to public consciousness (awareness) via the media and network hubs. He takes calculated actions to get ideas, doctrines etc. accepted and approved of. In order to do so effectively he must be interested in all aspects of a society: its industry, customs, social mores etc. A PR man is hired by a client (say a major Corporation) to manage the perception of his clients' products, reputation etc. in the eyes of his customers (potential or otherwise). He must study and know every phase and aspect of a client's 'business' and the customer's actual responses before he can change them. Once he knows this he advises his client specifically how to change his marketing etc. so that it appeals to a given public and is more likely to get its approval, boosts sales – you name it! He is not the same as a marketing or ad man; although he may advise such people on his client's behalf. All means of communication with a public may and are utilised – even daily conversation and basic letters help. **Note: once people are exposed to an idea they almost always consider it.** The subconscious can criticise ideas as much as the conscious but it obviously does so outside of awareness – this is the basis of subconscious rejection in therapy etc. THE PR man, though a manipulator, must be a total realist to succeed; he must not try to sell the impossible.

He must also study human networks in a given culture and locate the best place to intervene. He must understand how his client makes contact with the public. Most businesses, political parties (power hubs) etc. are totally out of touch with the common man. They do not mix with him, they have no desire to mix with him, they have no real idea how he lives. The PR man must fill this gap and provide an accurate and workable hologram of the public to his bosses. This is why polling groups exist. Sections of the public are constantly being tested and surveyed by any number of power hubs at any one time. Most polling groups are Marxist in their political leanings.

Where the PR man detects tension in the relationship between client and public he seeks to mend any wrongs. If he discovers that his client is seen by most as a lying two-faced rat, he must enact events so that this observation is changed. PR is interested in reality in so far as it helps to manage and if needed warp perceptions. The PR man will often be a top key advisor, if not the second in command within a given power hub. In fact

he is often the power behind the throne. The PR man's job is to get the public to VALUE his client. He must look out for and protect his client from negative publicity of any kind and seek to counteract it. This PR process is constantly ongoing. PR is a managed feedback system.

Laughably Bernays claimed that PR needed a 'code of ethics': and if you believe that...He compared the PR man's image with that of a doctor or lawyer – I agree, all completely untrustworthy bastards the lot of 'em! The PR man is an advocate of his client's case.

The psychological science of PR.

Much of the mechanics of group psychology and crowd hypnosis have been covered in large part in my 5th book, I will not go over it again here. But there is something that few suspect when a man is alone: **group psychology is still working because of his social nature. His mind has been stamped with group psychology while in a mass grouping; it retains the imprints.**

What man calls 'judgement' is not conscious volition but a vast horde of influences, nudges and suggestions that have imprinted themselves on his unconscious. This does not require the use of subliminal or covert propaganda. Real propaganda of any kind is in your face, extrovert, overt and so commonplace that you cannot see it for what it is – you are immersed in the social suggestion swamp. Examples of the 'swamp' are:

- News headlines.
- A TV news piece.
- A pleasant recollection associated with product or service x.
- The political philosophy of x which you happen to 'agree' with.
- A PR created image for some generally positive nominalisation, such as – 'integrity', 'honesty', 'fair play' etc. which the crafty propagandist has successfully deluded you with.
- Because an authority figure you admire has spoken highly of x or uses it (do they really?!).

Group minds do not think: this is why cultists usually keep their victims in groups. **The group mind functions on the vital blood flow of impulses, ingrained habits and raw emotions.** From childhood on we are told to follow orders, ‘to do as we are told’ etc. Much of life consists of following orders. This keeps grown men and women in a state of permanent infantilism, best typified by socialist systems. However when the shepherd is absent, the sheep must have been programmed so that they do not try to escape the pen: herds ‘think’ in clichés, slogans, Pavlovian trigger words/phrases and easily digestible symbols. Here name calling is the ultimate in non-thinking conditioned responses; totally abstract words and phrases such as ‘Special interests’, ‘Red’, ‘Fascist’, etc. are used to shut down discourse and rational thought as in cults. Being successfully tagged with one of these negative associations is enough to destroy a career etc. **WORDS CREATE PICTURES IN MINDS. CHANGE THE WORD AND CHANGE THE PICTURE THAT IS EVOKED.**

This is the art of euphemistic neuro-linguistics. Public perceptions are changed through the replacement of one honest word for one deceptive one. Words like ‘doctor’, ‘hospital’, ‘nurse’ are rarely linked to specifics but to media entrained clichés. As an interesting end note the traumatic trigger word Hitler used on the Germans was ‘Versailles!’ over and over.

Real things are also unconscious symbols.

A man may really be motivated to buy a car for the following reasons:

- His best friend just bought one.
- It would please his wife.
- He perceives it will enhance his social position.
- It ‘proves’ he is a ‘success’.

Mankind often consciously denies his real motives for an action. You mustn’t trust what men and women say about why they do x, y and z: often these are just socially acceptable rationalisations. Once a propagandist understands human desires fully and concretely, without illusion – he has the masses by the balls!

Humans follow influence chains of command. Mere repetition is not sufficient. The benediction of a respected authority stated just once is worth a thousand repeated choruses. Old sales tricks sought to directly pressure victims to act now, mainly through a form of harassment. In reality you must create 'emotional currents' amongst the mob that move him, in time, to your position. If habit x exists, you must create habit y by changing circumstances, deliberately, so that y will manifest. Ceremonies, competitions, benefit performances, drama, image introjection all help inject y into the mob mindset. These must be linked to a human instinct such as 'the home instinct' (the desire to have a nice home) etc.

Bernays gives the example of selling pianos – you do so indirectly by 'saying' everyone needs a 'music room'; once you have instilled this fashion you then offer a piano to fill it. The psychology of the buyer has been reversed – he no longer resists pressure: he begs you to sell him Y!!! These are the associative processes of success.

Motives that can be exploited in propaganda are –

- The social instinct (gregariousness).
- The aesthetic (creative instinct).
- The competitive instinct.
- The snob instinct.
- The maternal.
- The exhibitionist instinct.

If you can link gratification of universal human needs with a propaganda push, you got it made baby!

Businesses will often bolster their 'corporate image' by working with other businesses and municipal authorities to create economic growth, 'social regeneration' and improved communications of all kinds. The key to propaganda for the propagandist is 'enlightened self-interest' or is that just sneaky old despotism in disguise again? Businesses that seek to attract customers should aim to provide much more in the way of customer service

via various forms of beyond the obvious 'synergies'. Don't just sell x, sell y, z and more if you can. These additional services may be related to a core business product or service and enhance its purchase, acceptance etc.

Propaganda in business.

A business does not just sell badly made products that are obsolete in a few months, nor does it just offer one size fits all services; no, it must sell itself – it must create positive associations in the mind's eye of the mob.

Historically big business goes through two phases – contempt for public conscience, fear of public conscience: at the present time it is in a contempt phase, though this is shifting towards fear. Mass production demands one of two things – consistent steady profits or rising profits. In order to achieve these ends it must create demand artificially through propaganda/cultural hypnosis. It seeks to inject information, via all available media, that will alter the public's perceptions and tastes. Business must link positively perceived nominalisations with itself. It must appear to have a conscience just as the public has, even if the reality is the polar opposite (opposite world again!). A business involved in food production and supply must link both 'hygiene' and 'health' to itself or fail. A factory must link 'good labour relations' to itself or suffer the public's wrath etc. At least that used to be the case. This it does through highly publicised and specific actions – for 'hygiene' indoctrination you have excellent packaging and tidy delivery vans. For 'labour relations' propaganda you offer pensions to employees etc. If the public sees your enterprise as being run by a bunch of amoral sh*theads it might withhold its cash flow.

You must pace and lead the public to get change. The public is not a blob. It likes to think it thinks; authoritarian dictats = resistance. Fashions (habits) are changed through gradualism. If you want group x to buy product y you nudge them slowly towards it by selling them product u, v and w first. Let me explain – say you want to sell women very short skirts but at the moment the fashion is long skirts. Simply hire an actress and show her in some carefully crafted media event (the Oscars etc.) wearing a slightly shorter skirt than is usual. As a perceived 'trend setter' the mass of women will follow. **All effective change occurs through gradualism unless you**

have a major crisis which evokes an environment that will accept rapid social change. All effective propaganda seeks long-term changes.

The behaviour of the CEO and his family, the way his staff dress or relate to the public has profound ramifications on sales. In The UK at time of writing the food giant Tescos is suffering because it is widely seen by the general public as having directly destroyed the pleasant British high street of small shops. It is paying a hefty price by being linked with a verifiably destructive change process.

A business may want to cater to perceptions of ‘price bargains/money savings etc.’ or ‘elegance and exclusivity’ according to which social group it intends to appeal to. Once the group is targeted the propaganda must be repeated to be perceived as being consistent. If you can have your business symbolised by a particular personality – boy, you got it made.

Continuous interpretation and high-spotting.

Propaganda is made effective through two processes which the PR agents seek to manipulate: ‘continuous interpretation’ and ‘high-spotting’.

Continuous interpretation: This is simply the aim of controlling all information about your business that reaches the public’s mind via any media. The public should NOT be conscious of this information editing process.

High-spotting: This is simply the old hypnotic principle of grabbing the attention of a group or an individual and fixating it on some dramatic, spectacular specific of some kind which symbolises the business in one big ‘gestalt’. As example in sales is ‘Black Friday’ and ‘Cyber Monday’.

The ideas that you sell must carry public momentum.

Selling bigger and bigger business!

The tendency of all ‘successful’ organisations is to grow larger, if possible towards gigantism. A large business concern has a wider network of publics that it must interface with. These include propaganda to...

- **Shareholders/investors:** these must be informed regularly as to how their investments are performing. They should also be encouraged to use products and services, and to promote the business at every opportunity.
- **Retailers:** salespeople working for retailers must be well-informed as to what business x's products and services are etc. so as to better sell them.
- **'Agents':** in any business concern or its associated networks, 'agents' or middlemen are often involved. These must be treated well, invited to see your office, factory etc. You get the idea.
- **Consumers:** your bread and butter! Consumers are often aware and concerned as to how a business conducts itself: is it seen as professional, courteous? Does it treat its staff well? In socialist systems the service is notoriously crap!

These and other innumerable interactions with the public must be managed and manipulated. This is where we enter the realm of 'systems theory'; all along these vast and interconnected chains are vast networks of feedback mechanisms – 'parts' if you like that interact and interrelate. Each has a knock-on effect on other parts of the communication network. **NOTE: You are only as strong as your weakest link!** To succeed in any business, your goal is to get public sympathy. This can be achieved via education (fears and prejudice removal etc.), the reality of your services (modifying real world actions) etc.

Propaganda in politics (again).

It is a little known fact that on 12/29/12, the Obama Administration passed a law making it legal for the Federal Government to use propaganda on the American people - HR 4310, the 2013 National Defense Authorization Act, Section 1078; the first time this has occurred since the 1948 Smith-Mundt Act. This doesn't mean other US Administrations hadn't used propaganda (they all do); but it wasn't technically legal: till now.

Bernays believed that leaders should lead and not follow public opinion. To lead effectively they needed a 'science'. One of the main reasons for voter apathy is that in a so-called two-party system there is no real choice. Each establishment party in every Post-Western country is ideologically identical. Elections are about voting for how your country will be destroyed. That it will be destroyed is NOT disputed, only the means of destruction. This is much like the dilemma faced by the Ghostbusters in the original film; they are only permitted to choose the form of their destructor!

As I have said political parties are sold to us as are bars of soap. There is no difference. All aspects of a campaign are studied as a business studies its product and potential consumers – your voters are those who 'buy' your brand of lies. How do you organise a successful political campaign?

- **Have an overarching battle plan:** all other actions are streams flowing from this major river source.
- **What abuse will the public take now?:** know what it will accept and what it won't. They will be entrained to take more abuse later.
- **Set specific goals:** these must be expressed clearly. This amounts to your 'platform'.
- **Make fake promises:** you must create the illusions that the bullsh*t you are selling will be honoured. You must fake an offer of a 'money back guarantee' IF (heaven forbid) you should renege on a single pledge. In reality you do this as soon as you are in office and by then it's too late. The public has voted in the latest group of psychopathic loons in an elected 5 year dictatorship; and they are well and truly stuck with you.
- **People have NEEDS:** you need to know the desires of the plebs. Never sell what won't be bought. Don't waste your time selling to those who won't buy! People also have group needs – target these.
- **Calculate an exact budget:** as with any business promotion you need to plan a budget to cover costs. In many ways this is the most important part: no cash, no communication!

- **Use the appropriate emotional tone:** politicians are limited in that they must usually arouse emotion through words alone: like a hypnotist.
- **You sell personalities not policies:** let's get this quite clear – a political campaign is a popularity contest, plain and simple. Naturally charming candidates are gold! And psychopaths can be VERY charming. If you can 'dramatise personality', boy, you got it made!
- **Associate yourself with things people like:** this is good old N.A.C (Neuro-Associative-Conditioning). People like actors, babies, springtime etc.
- **Create dramatic events that get people talking:** this is the oily realm of the staged media event. It comes in many obvious guises. To get into someone's head they have to notice you! You set up trains of thought that directionalise the mind.
- **Do not put your eggs in one basket:** the wider you spread yourself the better. As mistakes etc. will occur, they may be covered up and forgotten about IF a constant barrage of media communications is occurring almost constantly. Recall 'rolling consciousness' from book 5?

Bernays states that the 'real' 'statesman' must MOULD public opinion so that it is in CONFORMITY with his. Do you call that 'democracy'?

Government is a continuous process.

It is only the deeply naive reader who believes that manipulation only occurs at election time. PR is so essential to the daily 'functioning' of Government that old Bernie advises that men who go into politics (remember women weren't really political 'players' in those days; not that the majority are now for that matter) should be trained in PR. He advises they start out in theatre or movie promotion etc.; that they should be apprenticed to propagandists before entering the equally sleazy swamp of human politicking. Interestingly current British Prime Minister David Cameron did just that – Eton, Oxford (studying PPE – what else!),

Conservative Research Department (created by PM Neville Chamberlain – essentially to write his speeches! The first overt ‘right wing’ think tank) under former Prime Minister John Major and Director of Corporate Affairs at Carlton Communications (A UK TV broadcaster) in the mid 90’s; Cameron was ‘suggested’ for his stint at by his future mother-in-law Lady Astor who apparently knew its then chief executive. Cameron had clearly taken Bernays’ advice to heart before launching himself into politics.

The fact is the news media is dependent (as a new-born baby is upon its mother’s breast milk so is the media - on politicians for information) and so ‘news’. News reporters are not even-handed as a result: how could you be? In order to get the ‘news’ the reporter must play the game. He or she simply has no choice. **The ruling political faction of the establishment that is in power at any one time effectively censors all news.**

The artificial creation of ‘favourable circumstances’.

Bernie was not a man who went with the flow of world events, or domestic ones – he advised that ***politician’s actively shape them in their favour.*** You must not use any news media to argue a case – this triggers conscious mind analysis; precisely what you want to avoid! In order to induce cultural hypnosis that facilitates programming you MUST not trigger the mind’s firewall.

Let’s say you want to sell policy Z. Z can stand for anything. You may want to force the public to wear plastic boobs upon their heads etc. To stop ‘global warming’! Who knows? So how do we sell fake tits on the head to the public?

The formula is: Artificially invent events/circumstances that make Z (boobs on head) ‘dramatic and self-evident’!

The selling of boobs!

1. Stage events nationwide in which public notables wear the false titties upon their heads. **(Celeb aping effect.)**
2. Arrange events where infamous ‘intellectuals’ discuss the ‘liberating’ qualities of plastic boobs on the heads wearing. **(Get opinion formers**

on board.)

3. Arrange the support of various wealthy men to vocally support sporting tits upon the head, perhaps as a ‘vibrant’ new sun shade.
(Where the rich lead the poor follow.)
4. Have ‘women’s rights activists’ boycott the use of conventional hats and head apparel as being a sign of ‘patriarchal backwardness’ etc. Label those who object for being ‘anti-boob!’ In fact label them ‘Boobies!’ **(Negative associations linked to NOT indulging in the new desired behaviour.)**
5. If doctors or other ‘health care professionals’ could be roped in to advise that ‘science’ (defined as finding out what the backers of science want ‘discovered’) strongly suggests health benefits from false boob on the head wearing etc. – then boy, you got it made!
(Professional authority opinion that is favourable to your ahem, ‘cause’.)

These events *prime* the mind of the public. The hypnotic principles are: **grabbing attention, prestige, plausible ritual, emotionalism, authority principle, monkey see monkey do** etc. Now the low-life politico may freely talk about his insane idea and the public will, having been well prepared in advance, go along swimmingly. In fact he would not be asking the public to go along with his secret desires, having been primed so effectively by such a media blitz; the public would *emotionally* demand that tit wearing be made mandatory! You can imagine the respective PM or President, nay Monarch at the podium...

‘In response to overwhelming public demand, this Government has now made it illegal to not wear at least size double D fake breasts upon the head for everyone over the age of 18! This is a good day for democracy!’

The said state leader then (solemnly) places a pair of tits on his own head.

If you don’t believe me look at the new ‘craze’ of having ice cold water etc. poured over your head and posting it on YouTube at time of writing, which includes such notable participants as film maker Steven Spielberg. *Oh the herd man can be made to do ANYTHING!*

All the programmer needs is enough time.

Exploiting unconscious desires and symbols.

Bernays had no fear that awareness of the new propaganda methods would make them less effective. He predicted it would merely become even better, more powerful over time. He held the key to its effectiveness as being **a conscious and unconscious desire on the part of the public to hear a given message**. Hero or heroine worship on the part of the public only reflects an unconscious desire for man to worship something! Leaders are symbols of something else:

- The US president at any one time is a symbol of heroic American power. This is how Americans unconsciously want to be seen – as a force for good in the world. The ‘Pax Americana’ if you like.
- First the PR definition: The Monarch of England is a symbol of the ‘unity’ of the British Commonwealth. All that Britain and her former dominions imagine they are is summed up in the ‘traditions’ of British monarchy. Now the real definition: **All monarchies symbolise blood over talent**. That is, the social hierarchy is based on ‘breeding’ (who you know) and not ‘what you know’ (talent). The British Monarchy represents, in symbolic form, that some vaginas produce inherently better offspring than others and that the social system should reflect this. The fact that the actual product of the royal womb is a talentless defective, deviant or imbecile is not an issue. The symbolic value of Royalty to the populace is this: know your place! Britain is no meritocracy.

Both institutions create PR stunts that visually dramatise these respective symbolic roles – through repetition these symbol-pictures ‘psychically drive’ (the process is known as ‘psychic driving’) the desired impression into the public’s unconscious mind where it remains implanted.

Trial balloons or the science of Ballyhoo?

If you want to test public opinion you simply put in motion what are known as ‘trial balloons’. By setting out trial balloons that are not directly associated with personality x, you can test public reaction to it without any

backlash being linked to you. If the balloon is liked by the public, you swiftly associate yourself with it. Powerful individuals and groups must do this; why? Because they are completely out of touch with reality and the general public, who they hold in utter contempt and would never willingly associate with in private life; as they most certainly never do unless a particular PR stunt requires it. This is carried out to the present day and Bernie didn't approve, seeing it as clumsy and 'unscientific'.

Bernie imagined a future time beyond our own when mass man and the 'intelligent minority' (crooks) would be closer in intellectual abilities; until such time as this Utopia came to pass mass man should be regimented and guided by his betters who knew better than him or her. He was of course talking about YOU and everyone you know. Bernie being the type he was, preferred to call propaganda 'education' of the masses. If you ever read any of his books, take his editorial position - in which he paints his 'trade' in a most favourable light, with a pinch of salt and read between the lines.

Cultural hypnosis is everywhere – it is nothing less than the sum total matrix of all human communication in the modern world.

How propaganda really works.

Let's cut the crap. This is how ALL propaganda really works. You show most of a picture but leave a bit out. You give most data but not all. Imagine a picture of an apple. You can see the whole apple except its right upper peak. This section is hidden. You can see most of the apple but a key fraction is missing. In the missing section, left out of the photo, is a greedy fat maggot gnawing and ravishing its way through what looks like a wholly healthy, shiny apple: that's propaganda folks.

Now it is to another influential man, and to his views on mass 'education' that we now turn our gaze. Do you know how to fabricate a realistic myth?

Ellul on propaganda – creating realistic legends.

In his great work '**The Technological Society**' philosopher **Jacques Ellul** wrote about the inevitability of authoritarian collectivisation that all technology was leading toward. We shall, for our purpose of studying

cultural hypnosis, examine some of his insights into propaganda and its powerfully hypnotic effect.

The term 'propaganda' is woefully inadequate; in essence it means a form of widespread influence via:

- State and mass action.
- Private and individual action.
- Technologies that allow collective, simultaneous indoctrination/information dispersal (radio/movies/TV etc.).
- Techniques that bring intellectual and psychological pressure upon groups and individuals.
- An expert understanding of the human psyche and how to motivate it.
- A projected image that causes an instantaneous reflex response.
- Their purpose is to educate and convince. (As in 'politics' – elite herd management techniques.)
- It presupposes there is no purified 'objective' knowledge.

Ellul is quick to point out: **it was the 'democracies' through the use of advertising/brand-brainwashing that started the ball rolling on propaganda in the modern age and not the dictatorships.** Advertising perfected a system whereby the average man and woman could be made to perform a straightforward action, i.e. to purchase x. The convincing process required of necessity –

- Limited argument.
- Few words. (Few words presuppose what? Orders are being given which require no explanation or justification. The origin of the term 'laconic' – 'few words' is derived from ancient Sparta wherein boys were trained to speak briefly as one who gives and receives orders in a military context.)

Political Propaganda was at first intellectual and aimed only to persuade elites. Although the British began to seriously perfect propaganda during World War 1, it was not until the Bolshevik and Hitlerian revolutions that propaganda became a true science. What did these two almost identical systems do that was so effective?

1. The induction of Pavlovian conditioned reflex reactions to triggers.
2. Complex political doctrines are reduced to pictures/symbols which evoke instantaneous responses.
3. Education in schools was the most effective 'imprinting' environment.

How America was propagandised into World War 2.

Ellul lets us know how the US was led to become involved in the Second World War. The use of 'erotic reflexes' was utilised. The Americans did not *feel* at war. 'War' was, to American citizens, not a reality but merely an idea of something happening 'over there.' A 'feeling of war' and involvement in it had to be artificially created by advertising techniques. Something called the 'obsessional technique' was used. **As in cults, the US citizen was to be swamped and overloaded by total propaganda leaving his or her mind no escape or privacy.**

How specifically was this cult-like environment created?

- Posters, loudspeakers, ceremonies and meetings on the street level.
- Meeting and leaflets/handbills at work. And 'industrial mobilisation' in the workplace, for the 'war effort'. **Remember - when people first act a certain way, they then believe.**
- In entertainment etc. Movies, theatres, newspaper, radio – this covered home and public amusements.
- The effect is so overwhelming that **the individual is no longer aware of them consciously** – they are the background of daily living, ubiquitous. 'Propaganda' is no longer seen as such; rather it is a 'natural' part of the environment. The subliminal has become, well 'liminal'! Taken for granted as food and air are. Shock is not used

rather ‘psychological inhibition’ (remember the NS section!) is created, people do not even see propaganda as being such at all! In other words and note the languaging – **he is so absorbed in it that he cannot see the truth at all.**

Methods for stirring hate.

In order to stimulate men to action you must generate mass hate. Both totalitarian systems and democracies use the following tactics.

- Reflex reaction and myth dominate men’s minds and so freedom of will is impossible.
- Look at the languaging again: the prolonged and hypnotic repetition of **ideas, rumours (believed in imaginings), images** assimilate his very soul to propaganda.
- Base emotions such as **hate and resentment** (‘emoto-nosis’ – see book 4, ‘Forbidden hypnotic secrets’) are evoked and utilised.
- **Using suggestion the collective mass must be fixated on associating any set of given emotions** required by the operator/programmer on the designated ‘enemy’. (This is N.A.C – see book 3, ‘Powerful hypnosis’.)
- In order to trigger an automatic-robotic emotional response simply **stir resentments that have been created by suggesting that the sum cause of all human misery is group x.** Once this is fixed/implanted in the mind, the survival instinct will trigger a supra-proportionately explosive violent response. (This is essentially what Iago does to Othello.)
- People have an **unconscious wish for self-justification**: they desire a scapegoat. When a generalised personification of an ‘evil group’ is created, all latent social violence may be targeted against group x. Crime rates go down as a result.

The hypnoidal effects of propaganda.

Rationally the above is nonsense but in a climate of propaganda, conscious mind functions cannot operate. Why?

- There is a **loss of a sense of reality**. (Loss of general reality orientation as in hypnosis.)
- Motives are **confused**. (Hypnotic confusion makes people more suggestible.)
- Disparate groups are mentally herded into one **single category**. (Absolute, black and white single focus of attention as in hypnosis.)
- **Unfounded** accusations are taken as reality. ('Believed in imaginings' – hypnosis baby!)

What are the real consequences of propaganda on the human mind?

What we call propaganda is merely a ubiquitous form of covert-conversational hypnosis: in fact it is so commonplace, as are all forms of hypnosis (hypnosis is just a way of talking to the subconscious folks), that the general public recognise neither.

Specifically what we call propaganda is a form of what I call 'emoto-nosis'. Note unguarded and unaware people cannot prevent propaganda from manipulating their unconscious processes: end of story. No matter how dumb or intelligent, a lack of awareness = 'brainwashability'; for the want of a better term. The critical faculty/executive function is as we know suppressed by emotion. **Collective passions are roused by 'reciprocal suggestion'**, a fancy term for a contagious thought virus that infects human herds into affectively stampeding. Even at the level of the individual **the critical faculty cannot function optimally if the passions are inflamed**; in some contexts this is fine and dandy but when it comes to matters of political thought and policy it is a disastrous position to take or indulge in. Excessive passion excludes effective intellectual organisation. In a group, as I pointed out in book 5, 'Wizards of trance,' humans lose their critical faculty 99.9% of the time. Passions are found in all people, passions are roused by propagandists in men collectively and so they are amplified through contagion and feedback. Although these techniques fool both men

and women, but women being more emotional and processing linguistics of all types through both right and left hemispheres are more prone to be swayed by this form of devious communication. Knowing this women and men can guard against these insidious anti-logical methods.

The following results occur from the 'suppression' of the critical faculty as sure as night follows day:

- An inability to distinguish lies from truth.
- The individual cannot separate his or herself from the collective mindset. He loses his sense of self. Cultists are denied privacy remember.
- Talk and action cannot be seen to be two very differing phenomena. (Talk is cheap, 'By their DEEDS you shall know them,' etc.)
- Reality and 'statistics' (the modern world's Holy Scripture) cannot be recognized as not necessarily bearing any relation to one another.
- A 'hive-mind' of 'collective-mentality' is created. Everyone in a given environment parrots the same doctrines. The conviction that the doctrines are true is therefore strengthened. As everyone follows the 'Party line', this creates an environment of self-justification: 'It's ok because everyone else believes it is.' If you really believe that you are as good as doomed. The media also parrot the same garbage and this gives implicit justification by the carefully created yet artificial 'prestige' and 'authority' of these means of propaganda dissemination. Both the Nazis and Americans discovered that neurosis and less crime resulted.

Man is defined by his ability to choose and discriminate rationally by a careful consideration of fact. When this is absent he is de facto in a hypnoidal state. When there is a sudden collapse of the 'hive-mindset', as there was in the USA and Germany after 1945, the neurotic rate explodes! Psychotherapy was sought on mass and failed to deliver because therapy, from the psychodynamic schools, frequently just makes people crazier. The results of the cessation of propaganda are similar to those who have left a cult. **NOTE AND WARNING: People are 100% addicted to the pseudo-**

certainties of the hive-mind once it is created. A collective hologram is a powerfully dangerous thing.

The reason for this is simple: men become addicted when their natural needs cannot be met or are met insufficiently. People in modern civilisations NEED tribal unity as they had before their ancestors were enslaved by a given dominant minority in the past. The 'hive-mind' creates a manufactured, mock conceit of a 'tribal identity'. But because it is synthetic it is doomed to the law of all addictions – diminishing returns, extremism and ultimately death. The unreal cannot conquer the real forever.

Propaganda and the myth of the 'sacred totem'.

Where propaganda condemns, it also creates a group or groups who are beyond criticism. This group has been declared 'sacred'. This entails arbitrarily believing that one group etc. is a human 'scared cow' upon whom the exercise of the critical faculty is forbidden, often on pain of death, imprisonment, loss of work etc. We may call this, '**The mind-zone of the forbidden**'. With regards to the artificial totem group you may not...

- Evaluate certain matters and questions.
- Discuss them openly or privately.
- Think about them.

Propaganda as a constant technique of predisposition creation.

As it is the basis of any civilisation to evolve constantly, by nature, it is imperative that its subjects be pliable to changing circumstances and their self-appointed leaders' whims. How do you manufacture such malleable sheeple?

- The aim of propaganda is to produce a long-term void, a nothingness in the individual, i.e. a zombification. Sheeple must be available at any moment to do as they are told. The default setting is zombie. The person's natural inclinations are removed, thus he is readied. *The prime aim of constant propaganda is to produce a state of waking*

somnambulism with sheeple who are highly suggestible. Free thinking powerful folk tend not to be like this.

- Therefore as in cults, the propaganda must be incessantly, relentlessly reinforced. Propagandists of any power elite do this by creating conditions, via media of **fascination**.
- Propaganda seeks to install a feeling of temporary impulsivity (as in addiction), or an urge to complete an opened template.
- Simple pressure only is required.
- This pressure can be contradictory – it is often necessarily so. Confusion = suggestible.
- Propaganda and existing social mores must have become unmeshed and undistinguishable from one another.
- Propaganda must be **perceived as necessary to survival**. People must erroneously feel they need it.

-

Propaganda and the creation of the 'abstract universe'.

To succeed propaganda/hypnotic brainwashing must forge an entirely new '**abstract universe**' (hypnotic holographic reality) in the minds of a populous. It must reconstruct or deconstruct then reconstruct an entirely new fake reality which is downloaded into the gullible sucker's skull casing where once a functioning brain sat.

This is done by creating a wholly '**verbal universe**': that is, it is spoken into existence as a work of believed in fiction; much as a fantasy author weaves his plot etc. This verbal reality exists in the minds of the brainwashed only and bears little or no relation to material existence.

NOTE: men 'INGEST' images, events, people/characters which do not reflect reality but SEEM truer than reality.

News, globally, to varying degrees and limits, is faked. The aim is to form and not to inform. The thing that is 'in-formation' is a hallucinogenic reality

in the waking state. Contextually dissociated photos etc. with highly ambiguous captions are merely the iceberg's tip. Euphemisms, cute reframes and thoughtless clichés come in great use and are amply employed. The script writers and editors are kept very busy. With clever editing (selective focus) anything can be transformed into anything else.

In essence man on earth has, does and is living a **sham universe**. In the modern world most of all, with its precision of propagandistic techniques, reality has given way to a collective **educational-media industrial complex** hallucination. This hypnotic reality binds man so powerfully that it will seize his real instincts and even lead him to die, literally for a dream of nothingness. Man is born with massive resources, inner and outer that he could call upon to fashion a better life and world. **Man acts however in a dream world of realistic legends, and, in his well-meaning somnambulism the goals achieved are not those even of his waking fantasy but those of his controllers who puppeteer his mesmerised and jellified subconscious with an expert knowledge and, almost, a magical-seeming science of incantations and spells.** That which he hypnotically expects is not what he gets: how could it be otherwise?

WARNING:

Ellul informs the reader that what he has outlined applies to EVERYONE who regularly:

- Listens to the radio.
- Reads newspapers.
- Watches films.

Propaganda works by working on the subconscious and leaves man the delusion of having total freedom. Writing in 1954, Ellul, like Huxley, also warned that Western Societies although using propaganda less than the dictatorships of the 20th century, would become awash with blanket propaganda eventually because it was so effective and efficient. In fact the West has always used propaganda, just of a differing and until recently more sophisticated type. When any worker in any social system is

overwhelmed with ‘total propaganda’ the psychological effect is identical. ‘Public Relations’, a trite and cute euphemism for brainwashing, is the modus operandi of Post-Western propagandists: it covers all spheres of social life – political, social, economic, population control etc. Propaganda, Ellul warned, inevitably leads to the ‘arrested spiritual development of the individual’.

Such techniques also, obviously, lead to an undermining of democracy itself; if only like some kind of self-necrotising disease process. Propaganda manipulates the subconscious of the masses, it is not some pleasant technique for ‘getting one’s point of view across’ as some half-wittedly naive people fantasise. Its purpose is to undermine your normal information processing systems and programme you; once the programming is fixed and until it is undone, if ever, your general reality orientation is basically f*cked. **When any person with a conviction wants to mind rape the masses, and make no mistake that is precisely what any propaganda is, he uses his knowledge of the psyche’s most secret recesses in order to mind-bend; in military dictatorships this often involves blatant displays of ‘militarism’ etc. In the West/Post-West, Ellul warned, it involved girls in various states of undress.**

Most of the money spent by ‘Political Parties’ is spent on their psychological warfare operations, otherwise known as ‘Spin’. That bitch-whore ‘Democracy’ is merely a slut who bends over to the highest bidder. Ideas of value count for naught; the money to buy manipulation is the pimp. This is why Plato and Aristotle warned that democracy led, eventually, inevitably to dictatorship.

When propaganda works on men in groups, as it does, the voting man is no longer using his critical judgement or that mirage ‘freedom of choice’: he has become herd man and he simply votes with the group. Most men and women are little more than ‘broken in animals’ or house slaves; slaves to conditioned responses installed by self-appointed programmers. Whether a man is conditioned to like x or y matters not; the moral question is why is he being mind-f*%ed at all?

Is a democracy that uses these techniques really any kind of true democracy at all? I leave that question for you to answer for yourself...

Man the puppet? Duh!

Is Mankind merely a programmable puppet once the techniques of his string-pulling are known? After all we have discovered, after all we now know, and we have barely scratched the surface of this unsightly ass - one word: undoubtedly.

So how do we get out of this big pile of horse shit we've let ourselves wallow in so deliciously and for so long? That's a tough one: I don't have all the answers but I'll try to offer some solutions, although it may be too late and we have little time...

Part 3: Escaping cultural hypnosis – deprogramming methods.

‘To learn who rules over you, simply find out who you are not allowed to criticise.’

Voltaire.

Knowledge is power: training your awareness muscle.

Hopefully I have now proven to you that ‘cultural hypnosis’ is no joke, that it is real, exists and exerts a powerful effect on the minds of men and women globally. It is found in all cultures and ages: it is a tool of manipulation not ‘illumination’. We know that hypnosis powerfully affects the workings of the brain in measurable, observable ways. We know that programming in hypnosis can overwrite our natural instincts in ways that can be incredibly damaging. Cultural hypnosis is going on all around you – that film poster on that bus you barely notice is subliminally picked up by your unconscious. The TV ad that brainwashes through repetition. The 100% biased, hyper-rich, well-connected, nepotistic establishment media mafia that wants you misinformed, disinformed, fearful and pliable at the behest of their ‘Elite’ owners. The schools that dumb us down.

What is a person to do about all this incessant bullsh*t! In this final section I offer some ways that an individual may protect themselves; but ultimately the response to the questions raised in this book lie with you. I am not here to tell anyone how to live their life, or tell them what views or opinions they should espouse. That is your choice...or is it?

The answer is YES!

Dystopic futures: how much of 1984 and Brave New World has come true?

As an interesting exercise I recommend the serious student of cultural hypnosis read **Orwell's '1984'**, **Huxley's 'Brave New World'**? There are other prophetic dystopic visions but these are the best. Read them through carefully and note how many predictions have come true – there is an alarmingly high rate of accuracy. 1984 predicts language abuse, authoritarianism, CCTV cameras everywhere, loveless sex, the national lottery etc. Brave New World predicts mass promiscuity and drug use. In fact I would read every future dystopia novel you can get your hands on: an alarming amount of their predictions have occurred or are in the process of occurring! No joke. Although it is self-evident that we do not live in wholly dystopic societies, the general trend is headed in that direction. The culture creators are trying to sell this, via all media, as a good thing: you might ask 'good' according to whom?

Information contagion?

To 'be conscious', means the ability to **think and question**. The good and bad thing about any information is that, by its nature, even by considering it – it directionalises the mind. A change in people, environment, architecture, food etc. are all examples of potential information processing redirectionalisation. Some enhance human health and others can impair, damage or kill. Information is not just vital or dangerous (a book alone may be a very dangerous thing indeed!) entity - it is by nature contagious. Information seeks to spread itself as far and wide as possible. You must protect your brain and bodies information processing systems on a daily basis so as not to succumb to what I call 'information contagion' rather than information disease.

How many catastrophic ‘disease’ scare stories in the media, that were hysterically reported by the pundits (ever wonder how a journalist is an expert on everything? No? That’s coz they ain’t!) over the past decade didn’t actually wipe out thousands or millions globally? I’ve lost count. More people in the US die of obesity and alcohol related problems than have died in disease outbreak x, y or z. The sky is not falling on our heads. Information contagion is dangerous because it causes us to misuse our imagination, go into pathological trance and scare the tits off of ourselves! This is a pattern of depression and anxiety. **Our ‘cult-lite’ society is collectively acting like a paranoid depressed person. Most people can’t think: don’t act like most headless-chicken people – check the FACTS!**

Interestingly it is possible to cure someone of a fear of flying merely by pointing out the almost ZERO statistical probability of this ever happening. If you can get a professional airline pilot to tell them, it will be 100 times more powerful – they induce authority hypnosis. By having read this book and others, the effect of such a person should be well understood.

The power trance.

One of the worst delusions of all is the ‘power trance’. These delusions usually only infected men, although this has changed somewhat in the past 40 years. Men being almost essentially emasculated and powerless in Western society they turn to ‘power trance fantasies’ – these include a knowledge of ‘psychology’ so as to control others, learning oriental ‘martial arts’ which are in reality so crap that Western Industrial might crushed them in the 19th century, or that physical hope of the powerless – ‘bodybuilding’; the illusion that having 20inch arms will give you power. The average Roma soldier was 5 feet 3 or 4 inches, he quite easily defeated Germanic and Celtic troops who towered over 7 feet. However, pumping iron does stop you from getting mugged or bullied!

All of these attempts at control are positively motivated: the men in question seek more control over their lives; however they are merely subcultures which essentially stick the male head in the sand by his inability to confront the genuine causes of his disempowerment. Various forms of women hating such a ‘seduction communities’ are perhaps the most

desperate expression of this powerlessness. At worst this has led to the ‘Sexodus’; men giving up on women as being ‘too much trouble’, preferring the certainties of emotionless porn and computer gaming. A man who gives up on women gives up on life.

Power in any society is based on economic might backed up by ‘knowledge power’. Intelligence, learning and hence skills that promote a higher income bracket, a more fulfilling work role, love of good women (ALL women are different ya know!), children and family, a sense of social responsibility, love of country and what it could be, playing an active role in shaping your social environment, knowing who you really are and what you really think beyond the gnostic-schizoidal delusions of cultural hypnosis are the only healthy antidotes. Man can only have power by engaging with life: this is simply the power to live and be human. Real power also comes from having a sense of control over one’s life and a long-term sense of security.

The life-cycle of an ideology.

An ideology is a specific form of information contagion. It usually expresses itself as an ‘ism’ of some kind. They have life-cycles just as organisms do. I outlined this process years ago, before I even became a professional hypnotist. I offer you my insights below.

The ideological life cycle: birth to death.

Ideologies must first be defined: **an ideology is any Gnostic system of thought that sought and seeks to replace Christianity.** (This does not mean Christianity is ‘right’.)

All Gnostic systems are based on...

- schizoidal hatreds of reality,
- delusional conceptions of reshaping reality to better suit the schizoid (a ‘Re-Creation of ‘Creation’),
- the imposition of *the concept* on reality – its ‘proof’ being that the concept is being transposed on external reality (‘The Plan’);

- the final and most important part is that the people upon whom the plan is being wrought are not to question it. In other words cultural hypnosis.

Marxism, Nazism, the philosophies of Hegel, Comte etc. all belong in the same Gnostic-ideological traditions. In order for one to seek to enact the self-evidently insane you must shut down the critical faculty of those around the ideological fanatics who seek to bring it to fruition. The self-same Empire building in the ancient Near and Middle East led to the emergence of quasi-Gnostic responses that sought to provide meaning to the meaningless voids of slavery, mass movements of people, ethnic-cultural collapse and more. The basic life-cycle of such information disease is broadly as follows:

1. A 'prophet' emerges who seeks to sell 'his' ideas.
2. A group of followers, 'apostles' etc. learn from the 'master' (the inventor of the 'secondary reality') and seek to spread his ideas (the 'message').
3. The apostles spread the word and infect others who are disaffected with their message/delusions.
4. The ideological adherents come into conflict with existing power groups.
5. A struggle for supremacy ensues.
6. The ideology wins: it replaces the old Dominant Minority with its own.
7. The ideology seeks to forcibly impose itself on all who now fall within its new spatial-temporal territorial scope. This may be called the 'Radical Tyrannical' phase.
8. Once ensconced the ideology seeks to replace reality with its secondary reality. It implements the plan.

9. The secondary reality is unworkable by being delusional in the first place. Massive human suffering results as reality is labelled 'insane'.
10. The Gnostic-ideologies main enemy is the 'free-thinking and creative individual'. It seeks all means to stunt them and crush them.
11. The ideology starts to collapse (this may take decades or hundreds of years). The sane, and reality itself fight back.
12. As the ideology collapses the ideologues believe, in their extreme fanaticism, that the ideology was not implemented *intensely* enough! The adepts become more fanatical and anti-reality.
13. This only has the effect of releasing the 'fury of the barbarians' (furore barbaricus) – as the sane grow so sick and tired of the ideology, that being backed into a corner, they explode outward in instinctive self-defence and survival mode, seeking the death of the ideology and its physical human propagators.
14. The Ideology is crushed; its adherents broken physically and psychologically. A void is created which must be swiftly filled with sanity before a new carpet bagger comes along with more piper tunes to follow.

NOTE: all cults are inherently Gnostic.

Transhumanism or bust! Utopias, dystopias and flying men?

The world is not done with 'isms'. It seems the crazier the ism, the more some people flock to it, like flies to shit. When I first heard about 'Transhumanism', the blending of man and machine I thought it was a joke. The first image that popped into my mind was that guy from Star Trek: The Next Generation who had artificial eyes!!! Fine in a sci-fi TV show - but reality? This is really a rehashing of old Eugenicist ideas about 'perfecting' man. Man is somehow 'imperfect' and must be 'bettered' by 'therapy', 'technology' or 'genetic enhancement'. I think this line of thinking is just

the latest form of schizoid madness to be dumped on mankind. If it were to come to fruition, and frankly there is thankfully no public demand, it would mean the end of man as we have known him! That is quite a sobering thought. **Imagine the psychological implications not just for those who had ‘robotic enhancements’ (disfigurements!) but for family members and society at large if a sizeable proportion of people were to ‘go’ the transhuman (post-human) route: the threat to sanity and public mental health could be catastrophic.**

When Mary Shelly wrote ‘Frankenstein’ she could not have foreseen the horrors of twentieth century science and where it might lead us. There *are* prophets of transhumanism out there. I have heard at least one of them talking on a radio show; they are like cult leaders looking for new followers. ‘The Transhumanist Wager’ by self-proclaimed philosopher Zoltan Istvan is amongst the maddest. Istvan, a former National Geographic employee, has written a novel in which transhuman changes are forced on the whole of humanity by a group of transhumanist loons. In interviews Istvan has asserted that the methods of Hitler, Stalin and Lenin would be absolutely necessary and ‘morally’ right in bringing about a transhumanist ‘Utopia’ or as I see it – hell on earth.

Transhumanism is in its early days, but mark my words; it is a very seductive and hypnoticism. As the already troubled 21st century ‘progresses’ the desire for life extension, immortality, enhanced cognitive abilities etc. will prove a great lure to many, especially in the decadent Post-Western world. Another book worth a look-see on the matter is **‘Future Man’ by Brian Stableford**, a professor at Reading University in the UK. Stableford is another futurist who is very disappointed with the current state of mankind; he believes man should be bred for purpose – short and squat for mining jobs etc.; just as Plato envisioned in his idealised dictatorship in ‘The Republic’.

When mankind is hypnotised into hating his own nature, the writing is really on the wall...but we are not there, yet. Hopefully we never will be. Fundamentally there is no difference in the power of a possible technological dictatorship and the totalitarian political cults of the 20th

century. Each, in its own perverse way, warps the minds of men to want, to demand that which should never see the light of day. The local ‘Laughing Academies’ should be filled with people who think like this; in reality they are often top university professors who wield influence, not least over their students. This should worry you.

This hallucinogenic world.

The world is full of hallucinations and mirages that aren’t there: fantasies of the past, present and as we have seen the future. As individuals the only way to free ourselves of such warped internal holograms is to accept that reality exists; when we see a tree in a field we must call it a tree, when someone mad calls it a cow or claims it isn’t even there, measures must be taken to remove the threat of the mad man: if not, mankind will be infected with perhaps worse strains of information disease and contagion than we can possibly imagine – after all we now live in the ‘Technetronic Era’. Technology holds a deeply hypnotic allure over man; it seems to say to him – you can go beyond your perceived limitations and have the power of Gods. But as we are just men; not giants, not angels, not gods – just men, is that such a healthy desire at all?

I think and feel it is time for man to step out of the hallucinogenic world, come back down to earth and re-concentrate on the experience of being human – warts and all. **Human mental and physical health lies in following more natural paths that suit our truest natures.** The extensive physical and mental trauma caused by treading the unnatural paths is clear, self-evident and best avoided. If a prophet offers you a hallucinogenic idea that seems too good to be true – that’s your gut telling you to run for the hills!

Turning 30 and the wisdom accumulation point.

As I have already said, something seems to happen to the human brain when we reach 30. It matures. It becomes a fully adult brain: after this point much of the programming we received through life starts to break down. This happens naturally: we are no longer the willing dupe we were – we question. If we have sought to accumulate ANY truth, it begins to coalesce and we start to become wise. The truth starts to associate with other pockets

of truth. Once this process is underway, no force on earth can stop it. Your brain is starting to work properly. **Once truth is imprinted on the brain it cannot be removed.**

Some people mature early and see through the crap early, others reach it later, some never complete the journey and get half-way and then get stuck. If your brain ever does start working properly, as it did when you were first born, to some it seems a little lonely: everyone else it seems is still mesmerised by cultural hypnosis. But who said that freedom didn't come with a price? And who says that beyond that there aren't rewards far greater than the herd or their Elite masters could ever possibly imagine?

A propaganda free mind! Wow! Imagine that!

Escaping mass hypnosis.

So how do we escape mass hypnosis, cultural hypnosis, media manipulation etc.? Panicking and worrying won't help – actually a hefty dose of humour is essential. It all starts with a decision: a decision to think for yourself. A widening of sources of information so that we are not narrowed down, so highly focused on a dot so that we miss the actual world around us. It entails, at the least, the very real need to become your own journalist, and an investigative one at that. It requires taking responsibility and taking action to change things for the better. Marshall MacLuhan predicted over 30 years ago that man would eventually use information as the new bullet of warfare: and we live in the Information Age.

Historically certain ways of living, relating and being have timelessly worked for humans – others have led to mass misery and despair: the Soviet experiment being the most obvious. In order to escape mass hypnosis you have to get the idea out of your head that heaven on earth is possible – it isn't. It wasn't and never will be.

Sitting and just thinking.

The modern fear of being alone and just sitting and thinking is pathological. Are you capable of, now and again, turning off the incessant media din? Unplug the Internet. Turn off the TV. Stop listening to the TV evangelist

and whatever crap he's selling. Put that newspaper down. Switch off that voice nagging you on the radio. What is that that you can now hear? Yes that's your brain and it's just started the adventure of working for itself. And for man, in any Age, thinking for yourself is an awfully BIG adventure!!!

Create your own culture.

Can only the 'artist' with his gifted imagination create a unique life and culture for himself and others? Partially, yes. Primitive cultures made their own. They didn't have specialists – man is born a generalist; a Renaissance man or woman – for woman is capable of many acts of great beauty. 'THEY' – Hollyweird, MTV, the daily press, the talk show radio host are not YOUR culture at all. Your culture was destroyed the moment a 'civilisation' sat on your tribal roots and snuffed it out. If you have no connection with your ancestors and who they really were, what stories and jokes they told around a blazing campfire as they sat in family groups for love, joy, attention, belonging, food and the actual satisfaction of genuine human needs – then who are YOU really? Having treated lots of clients for self-confidence problems I have concluded I have probably unwittingly created several narcissists by accident. To be confident about a self, you need to have a self in the first place; a self who is not a collection of media imitation and cliché.

When this occurs and it can: you produce original works because YOU have become original yourself. This doesn't mean you ignore your past or your experience or the genuinely good things, yes even those produced by the dominant media. It does mean deciding what you let into your mind. We are literally...

IN

FORMATION!

Stop the planet I want to get off!!!

In the words of Tolkien's King Théoden: 'How did it ever come to this in the West?' No doubt about it: all of us in the West are going through the

mill! That some major transformative process is taking place is undeniable and inescapable; the question remains – how shall we emerge on the other side? That is a question beyond this single, simple writer or his little book. Do not panic. Stay calm – without meditation or medication. Eat good food.

Check your sources of information like a forensic scientist. **Be your own investigative journalist, be your own expert: I cannot stress this point OFTEN enough!** Do not look for saviours – even if you’re a Christian, what happened to the saying, ‘God helps those who help themselves,’? Leaders have feet of clay; they are surrounded by propagandists who seek to deliberately mislead you. It has, alas, always been this way. Chin up. Be your own leader! It helps to stand for something in this life. It was the best of times and the worst of times and when it comes down to it, when the sh*t really looks like it’s going to hit the fan – remember – we have unlimited free porn on the Internet!! I’m joking!!! And may I leave you with the immortal and timeless words of US comedian George Carlin...

‘The planet is fine.

The people are fucked.’

The Rogue Hypnotist knows that the info in this book will help you; no matter what reasons you brought with you in reading it. Wishing you, your loved ones and even your family all the best...

R.H. Late evening, just before Christmas, December 2014.

Appendix 1: the anterior cingulate cortex exposed!

During the research for this book I became quite fond of the ACC; let’s get to know it better. Who is this masked man????

Getting to know the ACC: the basics.

The ACC is also known as the Anterior Cingulate Cortex: it covers brain regions such as (some functions follow – the list is not fully comprehensive; those parts related to hypnotic phenomena especially are highlighted) -

Brodmann Area 24 - **blood pressure and heart rate**, involved in rational cognitive functions, such as **reward anticipation, decision-making, empathy, impulse control emotion, motor imagery, familiar smells, language expression, working memory, selective attention to sounds, visual-spatial attention, behavioural/motor inhibition, mental time keeping, sexual arousal, pain processing.**

Brodmann 25 – **appetite, self-esteem, sadness.**

Brodmann 32 - **working memory, episodic memory retrieval, rational thought processes, language expression, familiar smells, selective attention to sounds, visual-spatial attention, behavioural/motor inhibition, mental time keeping, sexual arousal, emotional stimuli, motor imagery and planning, pain processing.**

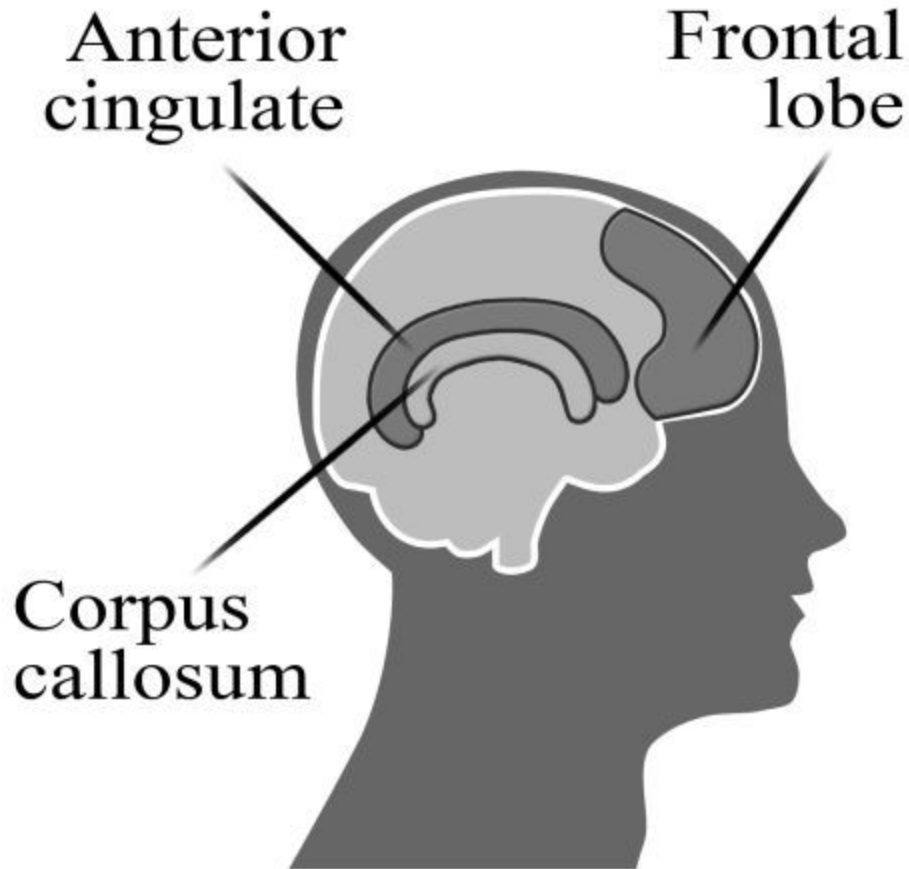
Brodmann 33 – **working memory/encodes memory, episodic memory retrieval, language expression, familiar smells, selective attention to sounds, visual-spatial attention, behavioural/motor inhibition, mental time keeping, sexual arousal, emotional stimuli, motor imagery and planning, pain processing.**

Note how the areas overlap.

It is specifically located towards the front of the corpus callosum, in the medial frontal lobe (diagram 24). This part of the brain is involved in decision making, emotional regulation, with a vital role in the regulation of physiological processes - blood pressure, heart rate etc. The 3 prime directives of the ACC are:

- The detection of errors/shortfalls/mistakes according to a given standard.
- Anticipation and preparation before task performance.
- Regulation of emotions.

Diagram 24: The ACC matrix.



Where is it located exactly?

The ACC is located near the front of the cingulate cortex: in a place that circles above the corpus callosum. This region is connected to the prefrontal cortex and parietal cortex as well as both motor and visual systems.

The ACC is one of the four main subdivisions of the cingulate cortex. The others being:

- The posterior cingulate cortex.
- The mid cingulate cortex.
- The retrosplenial (rear end) anterior cingulate cortex.

The 4 ACC sections and roles.

The ACC seems to be divided into 4 distinct sections, each with a differing role.

Conscious mind functions.

- The anterior/rostral (frontal) region = executive function.
- The dorsal (upper back/top of) region = cognitive processes.

Subconscious mind functions.

- The ventral (underside) region = emotional regulation.
- The posterior (back end/rear) region = evaluative processes.

In any kind of hypnosis the subconscious mind functions are dissociated somewhat; the executive mind/conscious functions are dampened.

Specific functions of the ACC.

Let's look in more detail at what it does; firstly...

'Conscious' functions.

1. Error detection. It seems the ACC is active even when individuals are not aware of their errors yet awareness does increase activation. This can occur from known incorrect responses and/or being told that a response was wrong by someone else.
2. Conflict detection. The ACC may be most active when conflicts between competing tendencies emerge/occur. For example during differing/multiple/contrasting sequences of a stimulus. It is active when incongruence arises. Confusion or overload activates the ACC so that it can help you avoid making errors of response.
3. Reward based learning. The ACC is also thought to be involved in a more comprehensive set of processes related to the above two roles – it also evaluates the magnitude of these errors etc. and then influences the selection of responses. When we lose money, as a result of our

actions, it lights up! When our errors cost us it gets involved. The top/dorsal and front/anterior/rostral areas kick in. Activation of the top part leads to less errors in future. We up our game! This function operates when we are trying to find an optimum physical response to something. Based on the expectation of rewards and losses, the front of ACC gets involved. This it does alongside the dorsolateral prefrontal cortex which can inhibit responses/decision making if needed. It helps to implement any adjustments required.

‘Subconscious’ functions.

1. *Emotional regulation.* Both the regulation/modulation and very experience of our emotions involve the ACC. Overwhelming upset/stress/negativity can overwhelm conscious mind functions. Reduced activation of this part of the ACC can help reduce emotional distress. The ACC is the conduit/pathway/processing centre between the cognitive functions of the prefrontal cortex and the emotional experiences of medial temporal limbic systems (in other words the thinking and feeling bits!). Emotions are also involved in adjusting behaviour in order to obtain a goal. Some think that the ACC detects undesirable/unhelpful emotions and the dorsolateral prefrontal cortex implements new behaviours as a result. Good performance (competence) and resulting feelings of wellbeing are revealed by ACC activity. Also the ability to correct errors makes us feel good. Even on ‘bad days’ we feel better overall when we can improve things. Anxiety increases when we make mistakes, especially repeatedly: this is why we feel anxious learning new things.
2. *The experience of moods: happiness, sadness and anxiety.* Some research shows that the supracallosal (the underside, just above the corpus callosum) region of the ACC may be involved in our subjective experience of sadness in at least 50 of those tested with neuroimaging. The centre for happiness may be the rear end and top sections of the ACC. Damage to the ACC can cause emotional flatness without cognitive problems and/or a lack of response to shock. When we recall sad events the ACC lights up.

3. *Ironic rebound: attempted thought and emotional suppression.*

Basically if you try to suppress something, even if you're successful it comes back 10 times stronger as a result. The ubiquitous ACC is involved in this process. Two mechanisms are involved in suppression – monitoring and operating. The monitor detects suppression worthy ideas, emotions etc. The operator puts them on hold, that is, it does the 'suppressing'. As the ACC is involved in resolving conflicts it seems to monitor inappropriate responses and offer new ones. This may be one of the functions hypnotists tap into during hypnotic work. If attention is shifted from a particular cue that required suppression, the monitor function is the only 'side' operative – as such anything that can retrigger the response has an increasingly powerful effect. Memories, events and feelings are related to the original trigger and are therefore examples of retriggers. This is why the more you try not to think about something, the more you do! The pink elephant principle described in book 2, 'Mastering hypnotic language'. The ACC can therefore inhibit powerful tendencies. But not forever!

4. *Hemisity.* This is the idea that one side of the brain (hemispheres) controls (executive functions) the will. If the left side is executive/dominant - goals, details and specifics are focused on, known as 'top down thinking'. If the right side is executive environmental and global patterns (generalisations etc.) predominate. *NOTE: The ACC is generally larger one wide side than another.* Therefore logical processes seem to be physically bound with a larger left side ACC and creative, holistic with greater right side ACC projection.

Appendix 2: Violations of the 1952 hypnotism act.

The question is are British politicians, media etc. consistently breaking the laws of England by violating the 1952 hypnotism act by using NLP, conversational hypnosis and 'propaganda', which is merely any symbolic technique aimed at manipulating the subconscious, and deliberately seeking to avoid rationally influence of the conscious mind through factual argument?

What does English Law say on the matter?

It is illegal to use ANY form of hypnosis in *entertainment* without legal permission to do so. Hypnosis or any similar process that produces sleep or trance is illegal if the public is viewing it. The media is therefore, according to the letter of the law, in violation of this act according to the evidence I have produced. I expect to see no arrests; and the penalty for this violation of the sanctity of human consciousness? A £50 fine!!!

Ok-ay!

Perhaps certain folk *do* have permission from the authorities to hypnotise us! Ah!

The law and hypnosis.

If you are a US or EU citizen at time of writing you might want to find out if the ‘powers that be’ are violating the letter of the law in your state. If they are, and they will be, nothing will ever come of it.

Appendix 3: a bottom up example of popular culture creation in modern times.

Let’s talk about one of my favourite subjects: beer!!! One of the ONLY cultural events that had occurred in the UK that has developed in a bottom up manner, that is, it has been created naturally by the people and not an elite, is what has come to be known as ‘The craft ale revolution’. The movement really started as a ‘real ale’ movement pushed forward by a weird group of scruffily yellow bearded real ale lovers. These people formed their own gang of like-minded men (it has very few women in its ranks) called CAMRA ‘Campaign for Real Ale’. It had been formed to save local breweries and pubs which were being destroyed by mass produced beers of very low quality and soulless, characterless corporate chain pubs. By the early millennia a place in the London Borough of Croydon in the UK, delightfully called ‘The Beer Circus’ and owned by the greatest English barman who will ever live called Graham created the first really professional ‘Craft ale’ pub. It was designed on the Belgian model with regards to the look of the interior and had the best beers from the US, UK,

and Europe (especially Germany) on tap and in bottles. It was in short 'Charlie and the Chocolate factory' for grown men!

It soon became a 'Mecca' for good beer in the whole of London, its explosion of new beer cast a cultural diffusive net that spread across pubs and off-licences (UK shops licensed to sell booze) throughout much of Surrey and beyond. Soon the Beer Circus model was copied by London yuppie trendy types with cash to invest. A decade later London is now filled with these craft ale pubs. They are pricey and tend to be inhabited by yuppie type customers.

The point is: it is possible for the lower downs (the proles) to start a culture outside of the cultural hypnosis net. A good place to start is to produce exceptionally high quality products that people really need. For non-corporates this is the future.

Appendix 4: the real artist is seldom given free reign.

Let's take Mozart and Van Gogh as examples. Both men were exceptionally talented. Mozart was most definitely a genius and yet in his lifetime he was ranked behind Salieri in the Austrian Emperor's affections. This is because the Emperor was a moron. Mozart found it so hard to get work commissions that he joined the Freemasons hoping for greater artistic freedom. Notably the Catholic Church was hindering his artistic efforts.

Van Gogh was supported only by his brother Theo; when Theo withdrew his financial support at his new wife's behest, Vincent had nothing, no job. He had no way to get his needs met and cracked up. He killed himself and a year later Theo followed suit from guilt. If you live under the illusion that great talent always gets through, you are gravely mistaken. The powerful groups of most societies are not infrequently based on broadly psychopathic tendencies. They do not like talent; they do anything to suppress it or at least hinder its expression. To control societies you need cultural hypnosis well under control. Artists tend to see through societies hypocrisy's and point them out in their works. They also have a tenacious belief in freedom of expression and seek independence. Again this is rarely permitted and only under controlled, carefully sanctioned circumstances. Genius is often unpredictable and the powerful don't like that.

It is interesting to note that there is evidence that both of the above men may have been murdered.

Appendix 5: topographic hypnosis.

The typewriter changed how we communicate. It allowed writers to have the same control over their text/work as a musical composer did.

You can use ... to denote a pause.

Commas and semi-colons etc. denote a shift in thought and often intonation.

You can use typography to affect how people respond...

I AM A SHOW OFF!!!

She is so shy.

These alterations alter our responses. One grabs our attention forcefully; one makes us focus in to read it. You can also embed messages and commands in text by altering font size...

Seven

Excellent

Xylophones.

One again with highlighting...

Seven

Excellent

Xylophones.

The subconscious will notice the message by noticing the variations in font size (you can vary colours) despite the conscious mind's total ignorance. Try this...

Real men like eggs for breakfast, last week I ate 10 or as they say in Roman numerals X.

Relax...

Get the idea? A part of you does. Subliminals can work; subliminal sexual images are used in some art, ads etc. But most of the time a tower is a tower and not a penis. Hopefully I'll deal with the reality of unconscious symbolism beyond its Freudian-Jungian 'Dream Dictionary' fantasies in my final book. I'm going out in style folks!

Appendix 6: Idiotic confidence.

A humorous study has proven what many of us already knew: total incompetence and ignorance does not leave people disoriented, perplexed, or cautious. Instead, **the ignorant and incompetent are often blessed with an inappropriate confidence**, supported by something that *feels* very like 'knowledge'. The trouble with ignorance is that it feels so much like expertise!!! Remember hypnotic 'knowing feelings'?

People will blab on any number of topics of which they know nothing. In the research lab at Cornell University USA, psychologists performed ongoing research in which they asked subjects if they were familiar with certain technical concepts from physics, biology, politics and geography. A fair number claimed knowledge on genuine phenomena in these fields BUT laughably they also claimed familiarity with bogus concepts that were entirely made up - such as 'the plates of parallax', 'ultra-lipid', and 'cholarine'!!!. In one study, about 90 % claimed knowledge of at least one of the nine fictitious concepts they were asked about!!! ***In fact, the more 'perceived expertise' in a particular field, the more familiarity they claimed to have with the meaningless gibberish created by the psychologists.***

People's understanding of their own 'expertise', known as 'metacognition', the processes of evaluating and regulating knowledge, reasoning, and learning is an interesting conundrum. If we define education as being able to differentiate between what you know and what you don't it just so happens that this is quite hard to achieve for most! The outlines of what we don't know are all too often completely invisible to us – we are if you like experiencing a negative hallucination regarding what we don't know! This is more prevalent than people like to admit. By 1999 this reality had a name

‘The Dunning-Kruger’ effect, named after the researchers who labelled it. Poor performers in any field lack insight that they lack insight!!! If you like, they fail to see the errors in their thinking and judgement.

People who don’t know much about a given set of cognitive, technical, or social skills tend to strongly overestimate their prowess and performance in any field of human experience. In all walks of life people overestimate their competence by a long shot.

Ignorance = a bag full of irrelevant, misleading life experiences, quasi-theories, pseudo-facts, ‘intuitions’, strategies, algorithms, heuristics, metaphors, hunches and downright bullshit that feels like useful and accurate knowledge. What we call ignorance is often a by-product of being human - we are gifted pattern matchers (we look out for patterns), we like making up stories and we like to create theories about anything and everything. These beliefs may well get us from A to B, they’ll get us through the day; they won’t even stop us having kids!!! This sounds funny but when we throw cultural hypnosis into the mix, **mistaken popular opinion is laden with potentially huge destructive power.**

The way we learn means we have the potential to be ‘engines of misbelief’. Children also carry misbeliefs into adulthood. Children’s thinking tends to assume intentions, functions, and purposes for all organisms. Children notice the *role* of living things in life. Trees = things that help us breathe. Lions = things that we put in zoos. This is known as **purpose-driven reasoning**.

Both non-academics and academics show the same propensity for being dumb! When under time pressure even scientists increase their purpose-driven explanations from 15 to 29 percent.

We all have what are called ‘foundational beliefs’ – these are stories we tell ourselves about x, y and z: ideas about self, reality etc. These are our assumptions and biases and woe betide anyone who wishes to violate them; if they are challenged it can affect a person’s sense of self-worth. Information that may contradict our bias is changed, filtered, distorted, ignored, trivialised, forgotten etc. in order to make sure that these core beliefs stay intact, be they ever so wrong!

Education (formal) is not the antidote and may just add in new ignorance – it can and does produce illusory confidence. **'Ideological programming' leads people to form intense, passionate opinions on a wide variety of fields we ACTUALLY know virtually nothing about!!!** Just an 'associational threat' (semantics linked to contrary positions) is enough to trigger a violent and irrational response. A group known as 'Hierarchists', (those who are favourably and irrationally disposed to ALL people in authority), may and are influenced by politicians, CEO's celebrities, scientists, academics etc. who promote a host of bogus-concepts with unproven premises.

Appendix 7: Diagram of the mind-model of cultural hypnosis.

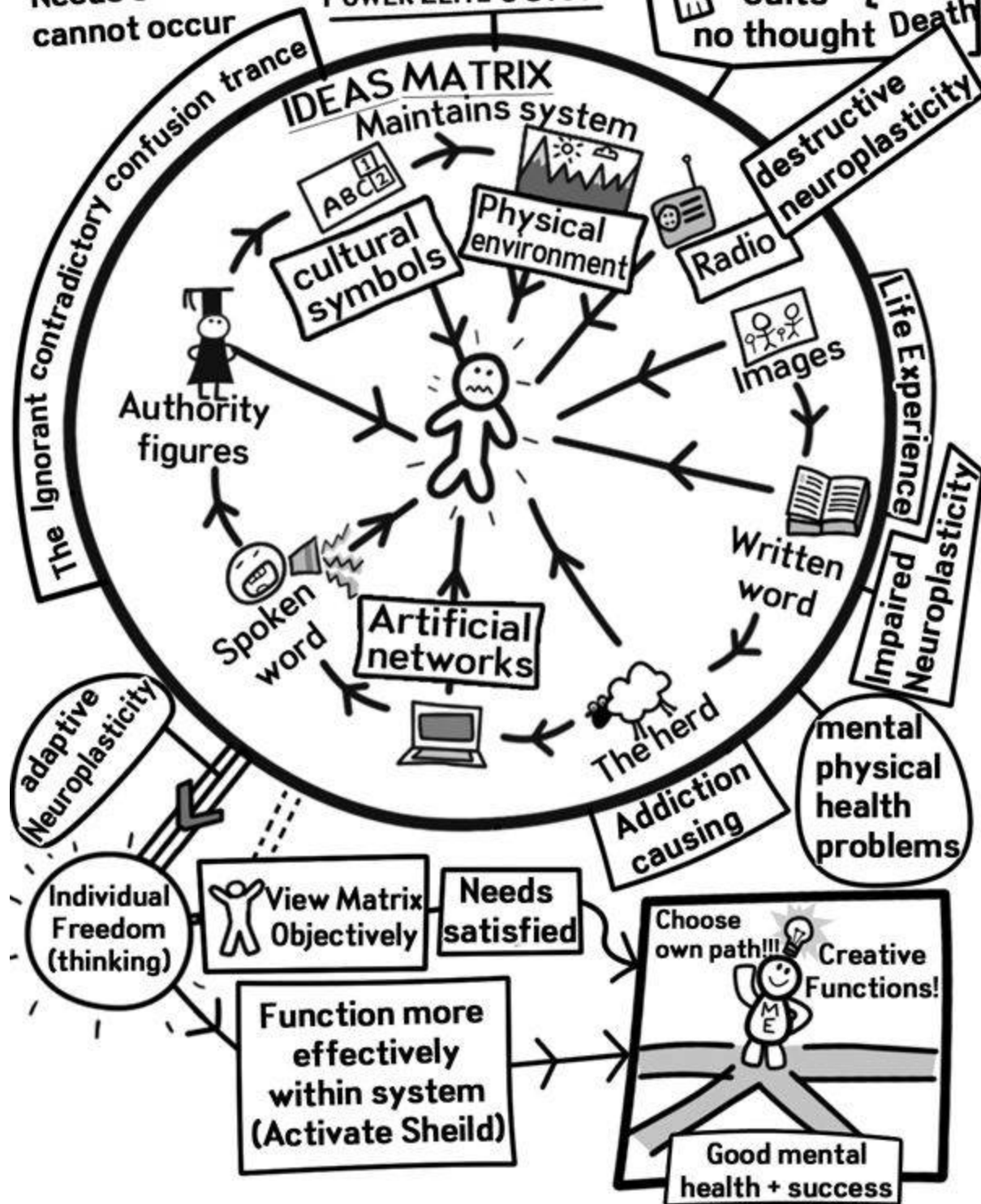
I saved this till last because I am rather pleased with it. It is my own model of cultural hypnosis in pictorial-diagrammatic terms. It is VERY simple! I hope it is of some use to you. I call it simply: diagram 25! It's a li-ttle bit crazy...

Diagram 25: RH's cultural hypnosis mind model.

CULTURAL HYPNOSIS MODEL

Needs satisfaction
cannot occur

POWER ELITE'S SYSTEM



Coming soon in late 2014/early 2015.

In my next book, 'Hypnotically deprogramming addiction' I will give you the specific ADVANCED LEVEL techniques and scripts that will 'cure' (self-cure) 100% of *motivated* clients in just 1 session 99.9% of the time. Addiction busting is simple and one of my specialities. *The fact is beating addiction is easy.* The tools and perspectives I synthesised into my own unique addiction beating system will be yours for almost nothing!

Well done my padawan; you are coming along VERY nicely.

The Rogue Hypnotist signing off...till we meet again!

Table of Contents

This book does not contain formal chapters per se; the book is divided into learning segments listed below.

- [Escaping Cultural Hypnosis - The Rogue Hypnotist](#)
 - [So you want to know about ‘cultural hypnosis’: are you sure?](#)
 - [A depressing prologue: a dialogue.](#)
 - [Introduction: ‘Cultural hypnosis’ – what it is, why you should care.](#)
 - [Part 1: the science of cultural hypnosis; mind-body psycho-biological realities.](#)
 - [Section 1: What is ‘hypnotisability’ really?](#)
 - [Section 2: Hypnosis and neuroscience.](#)
 - [The descent of Man.](#)
 - [Part 2: Creating human uber-marionettes: programming techniques.](#)
 - [Are we all Kasper Hauser? Hypnotic child rearing procedures.](#)
 - [Narrowing the focus of attention with cultural hypnosis.](#)
 - [The hypnotic delusion of ‘inevitability’.](#)
 - [Shopping for philosophies and other reasons for living.](#)
 - [The sham politeness of sales ‘people’ and other follies.](#)

- [Japan before Pearl Harbour: a study in mass hypnotism.](#)
- [Generic factors in religious hypnosis.](#)
- [Spellbinders.](#)
- [Will the real 'Shakespeare' stand up?](#)
- [Devilishly attractive manipulation: C.S. Lewis and the Screwtape letters.](#)
- [Huxley on mass hypnosis in Nazi Germany and the modern West.](#)
- [Jet setting trends.](#)
- [Social tribes and fashion fetishes.](#)
- [Catholicism hypnotises Western Europeans.](#)
- [Cult indoctrination and 'snapping'!](#)
- [War hypnosis or how to sell a war!](#)
- [Hypnosis in industrial relations.](#)
- [Theodore Adorno's warped Imaginarium.](#)
- [New Age rising: The hidden danger of the 'human potential movement'.](#)
- [Hypnosis and the occult?](#)
- [Forbidden history hypnosis?](#)
- [Mad ideas that have hypnotised people down through history.](#)
- [The hypnotic stock exchange.](#)
- [The stupidity explosion: hypnotic indoctrination in schools.](#)

- 'Our' hypnotic media.
- How ALL media technologies alter normal information processing.
- The establishment 'left': the who's who of your news-reality hologram!
- Ghosts of Laurel Canyon.
- Un-holy-wood: Hollywood hypnosis.
- The uglification of art.
- Does Man need myth and illusion?
- Weather hypnosis: Are people weather operated?
- Is everyone a 'conspiracy theorist' now?
- Crisis of the new: Future Shock!
- Save us from 'isms'.
- Propagating propaganda: Bernays – again.
- Ellul on propaganda: creating realistic legends.
- Man the puppet? Duh!
- Part 3: Escaping cultural hypnosis – deprogramming methods.
- Information contagion?
- The power trance.
- The life-cycle of an ideology.
- Transhumanism or bust! Utopias, dystopias and flying men?

- [This hallucinogenic world.](#)
- [Turning 30 and the wisdom accumulation point.](#)
- [Escaping mass hypnosis.](#)
- [Sitting and just thinking.](#)
- [Create your own culture.](#)
- [Stop the planet I want to get off!!!](#)
- [Appendix 1: the anterior cingulate cortex exposed!](#)
- [Appendix 2: Violations of the 1952 hypnotism act.](#)
- [Appendix 3: a bottom up example of popular culture creation in modern times.](#)
- [Appendix 4: the real artist is seldom given free reign.](#)
- [Appendix 5: topographic hypnosis.](#)
- [Appendix 6: Idiotic confidence.](#)
- [Appendix 7: Diagram of the mind-model of cultural hypnosis.](#)
- [Diagram list.](#)
 - [Diagram 1: The 'executive control' system.](#)
 - [Diagram 2: The parietal lobe.](#)
 - [Diagram 3: Midcingulate cortex.](#)
 - [Diagram 4: Anterior cingulate cortex](#)
 - [Diagram 5: Brodman area 24.](#)

- [Diagram 6: S2 insular regions.](#)
- [Diagram 7: Spindle neurons.](#)
- [Diagram 8: Brain activity in memory recall.](#)
- [Diagram 9: The precuneus.](#)
- [Diagram 10: The pain matrix.](#)
- [Diagram 11: Hypnosis ‘dampened’ zone.](#)
- [Diagram 12: Gamma wave alteration zones in hypnosis.](#)
- [Diagram 13: Brain regions affected by hypnotic arm lifts.](#)
- [Diagram 14: The locus coeruleus.](#)
- [Diagram 15: The mesencephalic tegementum.](#)
- [Diagram 16: The orbitofrontal cortex.](#)
- [Diagram 17: The triple level brain regions.](#)
- [Diagram 18: 5HT 2a brain serotonin receptor site model.](#)
- [Diagram 19: The upper pons.](#)
- [Diagram 20: The creatively insightful brain.](#)
- [Diagram 21: How ‘smelling words’ affect the brain.](#)
- [Diagram 22: How ‘feeling words’ affect the brain.](#)
- [Diagram 23: The neuroscience of liking art.](#)
- [Diagram 24: The ACC matrix.](#)
- [Diagram 25: RH’s cultural hypnosis mind model.](#)